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| **Description: school badgeST. OSWALDS’S C of E WHOLE SCHOOL PROVISION MAP**  |
| **Mental Health and Wellbeing** |
| **Wave 1 – Quality First Teaching** | **Wave 2 – Guided/group intervention** | **Wave 3 – Individual support** |
| Clear and consistent boundariesPositive reinforcement and praisePositive reward systems – whole school approach *developed with pupils*Celebration assemblyTeaching of calming strategies and mindfulnessGrowth mindset mantras – monthly – *displayed in every class & around school, spoken daily*Displays for resilience and growth mindsetAdaptations to class layoutStructured class routinesWorry box in every class – *checked daily & followed up*Time spent nurturing relationships – *all staff get involved with all pupils*Agreed systems when a pupil is distressed or not copingPHSE curriculum focused on statutory Relationships CurriculumSensory resources in every class – stress balls, fiddle toys etc.Sensory / brain breaks built into lessonsWhole class visual timetable in every class *Zones of regulation on display in each classroom.* | Agreed areas for timeout / breakout areas – *tents, covered corners, areas outside class*Arranged times to speak to key adultsNow and Next choices (visuals) to engage and motivateAfter school clubs to support / promote mental wellbeing (some by invitation): Feeling Good club, horse-riding, art, Forest fun – *every staff member runs a club*Visual timetables – personalised for groupsLego TherapyIndividual zones of regulation cardsMental Health Support TeamIntervention to support low mood/anxiety – *observed by staff for them to implement going forward*School website*Mental Health and Wellbeing tab:*Wide range of resources to support all aspects of MHWB and links to local and national agencies – targeted areas for families, pupils and staff | Boxall profileEarly Help / TAFRisk assessment, support planHidden learning needs identified, information shared eg ADHD, anxiety InterventionsRelax Kids Lego therapyDraw and TalkPlay therapyManaging emotionsAnxietySocial stories / comic strip conversationsSupport, guidance, referral – outside agencies* Educational Psychologist
* School Nurse
* STAR centre
* Wellbeing centre
* CAMHS
* School website – links
* Mental Health Support Team – referrals for direct work
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