



Mental health and wellbeing graduated approach

Pupils	Staff
<p style="text-align: center;">1. Universal Support</p> <ul style="list-style-type: none"> • Pupil wellbeing and mental health policy • Jigsaw PSHE curriculum to develop character, emotional literacy, building resilience and nurturing mental and physical health • Confidential discussions with class staff • Talking partners • Mindfulness activities and calm-down strategies in class (e.g., Go Noodle, Cosmic Yoga, guided visualisations, mindful drawing/colouring) • Mental health and wellbeing related stories • Worry monster in class • Promotion of health lifestyles (assemblies, PSHE lessons, PE lessons, lunch options, KS1 after-school clubs, school newsletter items) • Family Support Worker <p style="text-align: center;">2. Targeted Support</p> <ul style="list-style-type: none"> • Small group interventions (FunTime, KS1 Nurture group) • Individualised intervention (Daily emotional check-ins, 1:1 mentoring, Zones of Regulation, emotional body mapping, emotional thermometer) • Individualised assessments (Strengths and difficulties questionnaires, Boxall Profile, CHEXI) • Individualised plans (personal handling plans, behaviour support plans) • School Nurse support • Education Mental Health Practitioner (from age 6 upwards) • Educational Psychologist • Mental Health First Aider (Family Support Worker) <p style="text-align: center;">3. Specialist Support</p> <ul style="list-style-type: none"> • Paediatrician/CAMHS referral • The Laura Centre • Social, Emotional and Mental Health Team 	<p style="text-align: center;">1. Universal Support</p> <ul style="list-style-type: none"> • Staff wellbeing and stress management policy • Dedicated staff room • PPA can be taken out of school • Drop-in support from Senior Leadership Team • Staff education and CPD around mental health and wellbeing (Inclusion newsletters, INSET) • Culture of no stigma for mental health • Opportunities to provide feedback and have a voice • Strategies such as monthly wellbeing calendars, school newsletter items, staff wellbeing suggestion box • Advice and guidance available from Senior Mental Health Lead • Encouraging a staff community (social spaces and events, collaboration time) • Promotion of healthy lifestyles • Signposting to relevant mental health support agencies (GP, Education Support, Mind etc) <p style="text-align: center;">2. Targeted Support</p> <ul style="list-style-type: none"> • Supervision for Designated Safeguarding Leads • Staff counselling (AMICA telephone and face-to-face where appropriate) • Wellbeing events for staff • Individual wellness action plans to manage staff stress • Check-ins for staff on management plans <p style="text-align: center;">3. Specialist Support</p> <ul style="list-style-type: none"> • Occupational Health referrals • Crisis Support • Employee Assistance Programmes