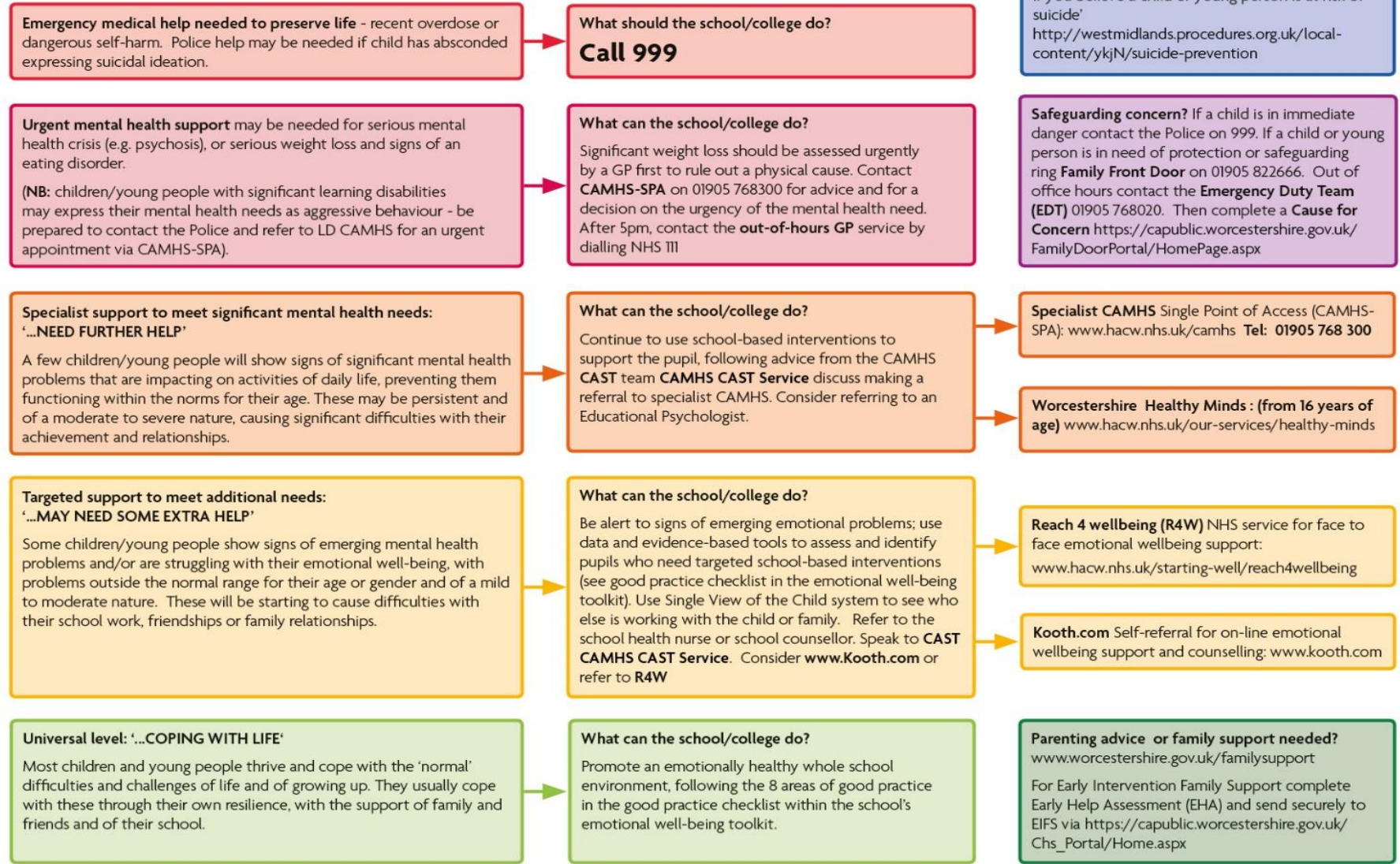
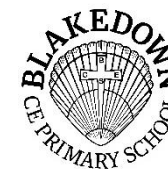


Emotional Wellbeing and Mental Health Pathway





Blakedown CE Primary School

Emotional Health and Wellbeing Graduated Response

<u>Universal Support-Stage 1</u>	<u>Targeted Support-Stage 2</u>	<u>Specialist Support-Stage 3</u>
<p>Refers to adjustments, interventions and support accessible to all children, delivered at a whole class level.</p>	<p>Refers to support and interventions delivered using the school's resources, and led by a staff member-small groups</p>	<p>Refers to support and interventions for children who have more complex and enduring emotional or mental health needs who generally requires some level of involvement from an appropriately qualified professional in addition to ongoing adjustment, intervention and support delivered from the school's resources.</p>
<ul style="list-style-type: none"> ➤ Class THRIVE ➤ Jigsaw PSHE scheme-mindfulness ➤ Wider curriculum-music and PE ➤ Forest School ➤ Brain Break activities ➤ Peer Massage ➤ Reflection time ➤ Worry Monster-Year R ➤ Zippy's Friends-Year 2 ➤ Apple's Friends-Year 3 	<ul style="list-style-type: none"> ➤ Boxall Profiling ➤ 1-1/group THRIVE ➤ PE interventions ➤ Lunchtime clubs ➤ Time to Talk ➤ Key adult ➤ Lego Therapy ➤ Social Stories 	<ul style="list-style-type: none"> ➤ WHP-Link Worker ➤ CAMHS Cast ➤ School Nurse ➤ Reach 4 Wellbeing ➤ Mentor Link ➤ CAMHS

Emotional Health and Wellbeing Resources for Parents and Children

School Nurse-Christy Sivelle	01562 514637
Reach 4 Wellbeing-anxiety	https://www.hacw.nhs.uk/starting-well/reach4wellbeing/
CAMHS CAST-advice and support	https://www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast/
MindEd-training and resources	https://www.minded.org.uk/
Anna Freud-resources	https://www.annafreud.org/
Hub of Hope-adult support	https://hubofhope.co.uk/
Family Links-training and support	https://www.familylinks.org.uk/
Child Mind Institute-resources	https://childmind.org/
Worry Monster	https://www.amazon.co.uk/Worry-Monster-Plush-Soft-orange/dp/B010NDN2IU
Books-worry and anxiety	<ul style="list-style-type: none"> • The Huge Bad of Worries by Virginia Ironside • Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques by Cathy Cresswell. • Starving the Anxiety Gremlin for Children Aged 10+: A Cognitive Behavioural Therapy Workbook on Anxiety Management by Kate Collins-Donnelly • What to Do When You Worry Too Much; A Kid's Guide to Overcoming Anxiety for 6-12 year olds by Dawn Huebner. • Hey Warrior for ages 5-12 (and up); A book for kids about anxiety by Karen Young.