

Wellbeing and Mental Health Holyhead Primary Academy Offer

Universal Support (for all)	Targeted Support (School Intervention)	External Support
<ul style="list-style-type: none"> Our whole school E3L curriculum offer embeds health, wellbeing, identify into each of our wider themes. A robust and consistent approach to behaviour which encourages reflection through and continuously models, teaches and rewards expectations. Class reading text are carefully chosen to reflect the different cultures and diversity within our setting and empowerment to promote personal identity and a sense of community. We promote positive mental health and wellbeing through a wide selection of age-appropriate text for each year group. We regularly raise awareness about mental health and wellbeing through assemblies, national initiatives, and PSHE lessons. Promoting mental health and wellbeing through pupil-led initiatives such as play leaders, Eco community, and school council, forming our Safeguarding and Wellbeing Champions. We provided pupils with opportunities to feedback on their thoughts on how school impacts on their own safety and wellbeing, through termly pupil forums, school councils and pupil questionnaires. Robust safeguarding team, who promote and support good mental health, through a trained Youth Mental First Aider. Fully inclusive school which provides a language rich environment enhanced by Communication in Print. Whole school access to forest school embedded as part of our personal development curriculum. A safeguarding curriculum which is taught discretely as part of regular assemblies, workshops and stand-alone lesson, covering all 	<p>If there are emerging concerns within classroom about a pupil's mental health or wellbeing a class teacher will seek to resolve with tailored support, through discussions with pupil and family, supporting friendships, ensuring work is matched to ability, addressing any classroom-based issues. If the concern persists or is significant, it will be reviewed in an internal meeting with SLT, DSL, SENCO, Senior Mental Health Lead, and Attendance Lead.</p> <p>The needs of each pupil will be assessed individually, and the most suitable support strategy will be determined collectively through a graduated response.</p> <p>Systems and support in school include:</p> <ul style="list-style-type: none"> Targeted nurture intervention to support social support (partnered play, structured games, access to board games etc) Targeted Mental health and bereavement play therapy sessions support by Base 25 Sports Coaching at lunchtime Sports mentoring develop relationships, grow confidence and resilience. Mental Health Lead support and sign posting SLT behaviour support in school and for families Staff trained in de-escalation to support dysregulated pupils Seek SEND support, such as SALT and EP. 	<p>When a student's mental health or wellbeing needs surpass the school's support, parents will be informed of external agencies. The school will collaborate with these agencies for effective referrals.</p> <p>External Agencies and Support include:</p> <ul style="list-style-type: none"> BASE 25 GP, NHS or Paediatric Referral SEMH advisory teacher part Authority Inclusion Team Child and Adolescent Mental Health Services (CAMHS) Local Counselling Services for bereavement, Harry's wish Mental Health Charities School Nurse Services Sports for kids mentoring

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<p>safeguarding areas, including mental health, keeping safe, PANTS rule, FGM and young carers. We work in partnership with over agencies including NHS, Police and NSCOP to cover this topic in an engaging and relevant way.</p> <ul style="list-style-type: none"> • Actively promote social mobility through an extensive range of trips, visitors and residential. Including out of country trips, sporting completions, singing concerts, Theatre shows and zoo visits, bike ability. • Careers curriculum in place which explores future aspirations. Including trips at universities, secondary schools, local business. • Key stage 1 and 2 swimming offer with 12 weeks of swimming sessions each half term. • Whole school music offer 12 weeks a year, including music through stories and whole class instructions. • Understanding the significance of transition periods and ensuring that all school transitions are meticulously planned, effectively communicated, family-focused, and properly managed. • Providing all pupils and their families with access to resources that promote self-esteem and healthy screen use, while also raising awareness of online safety through the school's website. 	<ul style="list-style-type: none"> • Home Visits • Trust Mentor support • Hardship Funding for uniform, trip access, etc. • Greggs financial support applications • Referrals to Early Help and strengthening families • Signposting Family Hubs <p>All provisions are reviewed regularly.</p>	
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