

Elston Hall Primary School – Mental Health and Wellbeing Provision Map

Social Emotional Mental health (SEMH)		
Wave 1 (Quality First Teacher)	Wave 2 Group Intervention Behaviour & Emotional Leader/ mentor support	Wave 3 1:1 support Behaviour & Emotional Leader/ mentor support
<ul style="list-style-type: none"> Clear & consistent boundaries Use of positive behaviour rewards Positive language and praise House points rewarded Merit assemblies Wellbeing room for lunchtimes wellbeing ambassadors Calming and mindfulness strategies Resilience and growth mindset linked to PSHE Adaptation to class layout Worry box/ worry monsters Time spent nurturing good relationships Peer support at lunchtimes Choice of indoor/outdoor and more active/calmer activities at lunch Visual prompts Music Workstations for personal work 	<ul style="list-style-type: none"> Behaviour charts Home school diary Peer support lunchtimes Visual prompts Time out and reflections areas <p>Group specifics</p> <ul style="list-style-type: none"> Turn taking Building resilience and perseverance Team building Social stories/ role play Circle of friends Mindfulness Behaviour workshops Lego therapy Zones of Regulations 	<ul style="list-style-type: none"> Emotional Behaviour Support plans (EBSPs) Family support through EHA Risk assessments Behaviour charts Rainbow room/ Star room <p>Interventions</p> <ul style="list-style-type: none"> Mentoring Lego therapy Drawing & talking Wishes & feelings Emotional literacy Anger management Anxiety strategies Managing emotions Bereavement support (in house) Self esteem and confidence

<p>Waves 2 & 3</p> <ul style="list-style-type: none"> Fortnightly meetings take place with Trust behaviour and emotional leader, headteacher, deputy headteacher, DSL and SENDCo. During these meetings, specific vulnerable pupils will be discussed and triaged to identify specific provision map support. 	<p>Support, guidance, referral and target setting from outside agencies:</p> <ul style="list-style-type: none"> Reflexions Base 25 School Nurse CAHMS Young Carers Strengthening Families
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