Wellbeing Provision Map

Wave 1 – Universal strategies – most children's needs can be met by using these strategies. Effective use of Wave 1 strategies will prevent the need for intervention for most children.

Class Teaching Team
• Whole school ethos • Wellbeing running through the curriculum in all subjects • Wellbeing assemblies promoting good physical and mental wellbeing • Have a shared understanding and belief about mental health and anxiety disorders • Opportunities for regular exercise • Opportunities for positive social interactions • Opportunities for play • Promote resilience, build self-esteem, growth mindset – particularly in relation to praise • Build confidence through increased responsibility • Collaborative working with parents • Opportunities to have fun and promote laughter (fill those pockets of JOY!) • Promotion of general strategies for good mental health for the children and also in the adults they come into contact with • Build sense of belonging for all pupils • PHSE Curriculum • Open –door approach for parents and children – parents and children know they are listened to and they can talk about concerns with a teacher, TA or Pastoral Support Officer at any time • Positive behaviour management strategies used consistently across school

Wave 2 – Targeted approaches **–** a small group of children will still struggle to manage their anxiety/ social skills despite effective Wave 1

Class Teaching Team (teachers & TAs under the direction and guidance of the Wellbeing Lead)		Wider Support
• Exposing to minor challenges to experience success • Developing self help toolkit • Peer mentor / circle of friends • Social Stories • Safe Place • Distraction • Making an individual plan for anxiety triggers • Developing social skills	• Specific work on building self-esteem and resilience • Use of specific literature eg Ruby's Worry, The Magical of Yet • Active teaching of relaxation strategies • Active teaching of self-regulation • Size of the Problem / The Incredible 5 Point Scale • Teaching of breathing techniques • Use of positive affirmations • Settling Book • Buddy System	• Nurture Club • Wellbeing Assemblies • Website pages

Wave 3 – Specialist Services – accessed via our Pastoral Support Officer Referral or Early Help

Pastoral Support Officer	Wellbeing and Early Help Team	External Support
• Support and signposting for parents Highly targeted work with children • Time to Talk Sessions / Walk and Talk • Lego Therapy • Drawing and Talking	• Liaison and supervision of specific and targeted interventions • Advice through informal reviews • Triage and prioritising children to attend external interventions eg Young Carers, NELLIE • Referral to external services • Resourcing targeted interventions	• Referral to Mental Health Services • Medication