



St Thomas More Catholic Voluntary Academy Mental Health Provision map



We recognise that good mental health is as important as good physical health.

We use the DfE's guidance, *Mental Health, and Behaviour in Schools*, as a guide and work to their ideals:

Prevention: creating a safe and calm environment where mental health problems are less likely, improving the mental health and well-being of the whole school population, and equipping pupils to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils about mental well-being through the curriculum and reinforcing this teaching through school activities and ethos.

Identification: recognising emerging issues as early and accurately as possible.

Early support: helping pupils to access evidence-based early support and interventions.

Access to specialist support: working effectively with external agencies to provide swift access or referrals to specialist support and treatment.

Though our staff are trained to offer support at school level, we cannot act as mental health experts and we do not try to diagnose conditions. We have clear systems and processes in place for identifying possible mental health concerns, including routes to escalate concerns and clear referral and accountability systems. We endeavour to create a safe and calm educational environment and strengthen resilience before serious mental health problems occur.

Stage:	What it looks like:
Universal	<ul style="list-style-type: none"> - Universal Quality First Teaching for all children - Children learn about mental health as part of our Personal, Social and Health Education (PSHE) curriculum for all children. Children receive 1 hour of dedicated PSHE teaching each week. - There is always a staff member on duty for children to talk to. - We also have dedicated Mental Health Days and weeks when we promote and celebrate good mental health for all. - External agencies such as Relate come in and talk to the children about mental health. - The classroom has a regularly checked worry box so children can communicate with teachers and staff. - School has clear and consistent boundaries with positive enforcement and praise. - Restorative behaviour systems.



St Thomas More Catholic Voluntary Academy Mental Health Provision map



Targeted provision	<ul style="list-style-type: none">- Targeting provision for specific, additional support/ interventions. This is the Early Help phase. Getting support in a timely fashion can stop a mental health issue from developing further.- Individualised Support for pupils who may be experiencing mental health and wellbeing difficulties.- Lunchtime Club is a quiet space open at lunchtime, where children can enjoy quieter and calmer activities such as colouring, Lego and reading.- Regular check ins using consistent adults and approaches with identified children.- Agreed areas for time outs.- Specific group interventions such as drawing and talking sessions.- Involvement of SLT and SENDCo.- Meetings with parents and increased home communications.
Personalised provision	<ul style="list-style-type: none">- Additional and highly personalised provision.- Signposting to external agencies.- Making referrals to external agencies.- Involvement of Educational Psychologist, GP, or Paediatrician.- Personalised individual timetables and resources.- Speech and Language therapist.- SEHMS teacher.- Regular meetings with class teacher, SENDCo and parents.- Online resources such as Clicker, touch typing, dyslexia gold.- CAHMS.- Individual behaviour plans.- Social stories.- Team Teach trained staff.- School nurse.