

Mental Health and Wellbeing Support at Worth Primary School

Worth Primary is recognised as a Kent Emotional Wellbeing partner school



Wellbeing Team and Trained Staff	Training and Support	Universal Offer @ Worth (Step 1)	Early Help internal Support (Step 2)	External support low-middle (Step 3)	External support middle-high (Step 4)	Curriculum and Enrichment awareness	Parental signposts
R.Jones- Senior Mental Health lead. (see list of training)	Weekly agenda item in staff meeting, teachers, TA's and SENSA's – linked to safeguarding	Zones of regulation 3 x day check in's	Pupil interventions: Friendship groups, social interaction groups, wellbeing groups.	Referral to Kent School Health	Access to external therapist/trauma support in school – by Kent Hub and NHS Emotional Wellbeing partnership.	NSPCC – Speak out stay safe – Buddy Programme – all children have access to Childline number - display	Kent Family Hub -signpost to group and support in Dover and Deal – Displayed on parent board
K.Chance – First Aid Mental Health trained	DSL/Deputy DSL weekly meeting	Wellbeing, calming area in classrooms – resources -Regulation Stations -Blanket or cushions	Wellbeing intervention – time with Lynsey Hanscombe or Rhianna Jones ELSA support	Partnership with NHS Kent Emotional Wellbeing Practitioners – referral to team	Referral to Early Help – Front Door Safeguarding	RSE/PSHE – Kapow – embedded within SoW	Access to external therapist/trauma support in school – Nicki Bond – private referral or by Kent Hub and NHS Emotional Wellbeing partnership.
D.Vellani – SENDco Senior Mental Health Lead + First Aid Mental Health	CPOMs – All pupil concerns are recorded, actioned and followed up.	Restorative Justise approach applied by all staff, building relations. 'Thinking time' and 'calm time' as part of school relations/behaviour procedures	SENDco support – Zones of regulation Understanding emotions and feeling	Phone call advice line to: NHS - ChatHealth: 07520 618850	Referral to NELFT - Kent and Medway CYPMHS	Progression document for Wellbeing and Mental health within learning – created by RJ	School share parent support workshops or online workshops by NHS Emotional Wellbeing partnership. Displayed on parent board.
L.Hanscombe - ELSA	Early identification through schools graduated approach, cause for concerns forms, with parents as partners	Wellbeing/green room - Opportunity to talk to regularly to a trusted adult and/or peer support/buddy	Senior mental Health support – 1:1 or group support	If you are aged between 10 and 25-years-old, Kooth offers an online mental health community.	Referral to Kent School Health	Wellbeing and Mental Health awareness days: Wear Yellow Day Odd socks day Elf and Safety Day	Online parent newsletter – once a month
All staff have regular, ongoing training to support Mental health for pupils and staff.	The National Collage training – all staff:	Safe space to be at break/lunchtimes	Targeted check in's for pupils identified by staff, CPOMS or in DSL meetings.	Front Door or area safeguarding informal advice, email or call		Assemblies – 2 x assemblies a term dedicated to Mental health and wellbeing, or safeguarding.	Staff are available to support parents, meet and offer advice and help.
Wellbeing Governor	Safeguarding training – part of annual update INSET for wellbeing and Mental Health	All teachers have knowledge of the Kent Mainstream Core Standards	Targeted check in support for pupils if parents have raised a concern: bereavement, family separation, family incident.	Advice for parents, school share parent support workshops or online workshops by Kent Hub and NHS Emotional Wellbeing partnership.		School environment is set with pupil's mental health and wellbeing in mind – calming, minimal.	
	All staff CPI safety intervention training - de-escalation trained	Pupils have the opportunity to talk to a trusted adult at any time.				Planned outside learning to support mental health – allotment, field, walks in local area.	
	Wellbeing – Kent newsletters emailed to staff						
	DEALT safeguarding supervision x3 year						
	Staff supervision as and when requested. Daily staff check in's by HT.						
	Staff access to DEALT wellbeing package of support						