

Mental Health and Wellbeing Provision Map at SCMA 2021-2022

Staff

Provision	By	Support Offered	Impact
Wellbeing Newsletter (Termly)	Trust Wellbeing Team	Newsletters contain information to support with sleep, healthy eating, exercising, mindfulness and ideas to help with relaxation that come from staff within the trust.	Informal support with mental health and wellbeing for staff throughout the trust.
Support/Advice/ Training (weekly)	Staff Wellbeing Team	Wellbeing is on the agenda for every staff meeting. The school wellbeing team have different coloured lanyards so they can be easily identifiable to all staff.	Staff wellbeing is always on the agenda. SLT make sure it is never overlooked and staff are reminded that their mental health and wellbeing is a priority.
Wellbeing Events	Staff Wellbeing Team	Events include Wellbeing Wednesday, hot chocolate, singing, meals, cakes in the staff room, etc.	These events build staff relationships. Cakes/treats in the staffroom build staff morale during busy or stressful periods. They are also used to thank staff for their work.
SAS help, support and advice.	School Advisory Service	This organisation provides Counselling and Mindfulness, Menopause Support, Staff wellbeing clinics, Physiotherapy, Weight Management including both diet and exercise, Nurse Support Service, Private Medical Operations, Cancer and Chronic Illness Support, GP phone and video consultations, Whole School and Leadership Support,	Staff can confidentially access these services at any time to receive support and advice. Staff already accessing these services speak well of the support they have received.
Headteacher Awards/Thank you Notes	Headteacher	Thank you notes/thinking of you cards and Headteacher Awards are sent in the post to staff to celebrate successes and extra hard work/dedication.	Staff are extremely positive about receiving this.
Little Pick me up	Staff Wellbeing Team	A small treat/message/gift is left on someone desk.	Staff are delighted to receive this treat.

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Children

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Targeted support – Children’s mental health and wellbeing	Trauma Informed Schools Team	1:1 meetings and small group work with a TIS practitioner.	Children receive targeted support for as long as needed.
Targeted support by Mental Health Worker – Children’s mental health and wellbeing	Mental Health Worker	1:1 sessions with the mental health worker.	Children receive targeted support for as long as needed.
Children’s mental health and wellbeing surveys	Directed by TIS Co-Leads	Surveys are used to identify children needing support throughout the school.	Children are given targeted or low-level support by the TIS team or teaching staff.
My Concern	TIS Co-Leads/DSL’s	My Concern is monitored to identify patterns of behaviour linked to an emotional or wellbeing need. Wellbeing needs are also recorded here.	Children needing support are quickly identified and given low level or targeted support as needed.
Non targeted support.	All teaching staff	Staff identify children through effective transition, conversations with parents and sometimes directed by the TIS team. They support these children as needed.	All children throughout the school are supported by teaching staff who have received a range of training in how to support children’s mental health and wellbeing.
Brain Gym / Go Noodle / Yoga	All teaching staff	Support exercise, mindfulness, brain and movement breaks.	Children have access to regular movement breaks / brain breaks and mindfulness exercises
Feelings/Wellbeing opportunities in classroom Worry monsters/feelings charts	All Teaching Staff	Worry monster/feelings displays and books in classroom with children about to share and talk about feelings and worries as needed.	Children can show/express their feelings and worries. Staff then check in with them throughout the day.
PSHE Association RSHE curriculum	All teaching staff	Teaches children about relationships, sex, health, and economics and always includes discussion and mindfulness	Children are taught how to manage their emotions, health, relationships, and well-being.

Children

Provision	By	Support Offered	Impact
TIS pupil conferencing	Emotional, Health and Well-being Co-Leads	Gives pupils a voice	Children feedback about the support they have received through the TIS programme
Pupil Voice Conferencing	Senior Mental Health Lead/PSA	Gives pupils a voice	Children discuss a range of topics linked to relationships, and emotional health and well-being. Their thoughts and ideas are used to implement new support systems as well as to identify possible gaps in provision.
RSHE Displays	RSHE Lead	Support children with RSHE learning.	These bright and vibrant displays remind children give children a sense of belonging and reminds them of their learning in RSHE.

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Parents

Provision	By	Support Offered	Impact
Parent Forum Meetings	SLT / teaching staff	Parents are able to access a range of support and help about all aspects of the school as well as Mental Health and Wellbeing	Parents can meet face-to-face with staff members and learn about different elements of the school
Parent Focus Group Parent Engagement Pilot with the Local Authority	DDSL/PSA	Focus on equality and diversity & wellbeing. Getting parents views and input on how to provide the best for our children being considerate of views/feelings from all stakeholders.	Ideas discussed and suggestions put forward some of them have been implemented as result of feedback from different parents. E.G. optional dress up days/sign language of the week introduced
SEND/PSA parent teacher meetings	SEND Co, Teaching Staff and SLT	Parents needing support are identified through these meetings and signposted to relevant services.	Parents get access to support they need and learn about the support services available to help their children with SEND.
Weekly Newsletters	School Office and TIS practitioner	Our weekly newsletters contain a wealth of information about the school but often also contain support for specific needs relating to managing children's mental health and emotional wellbeing. These have included topics such as 'sleep, bereavement, COVID, behaviour'. (Information was also sent to teaching staff to help them support children and families).	These were particularly valuable to parents during Lockdown when their children were going through a range of new and difficult circumstances.
Parent Support Advisor	PSA	As and when required support for parents with different needs/concerns including: health, attendance, family support required, advice for behaviour and sleep. Signposting on to other services and completing referrals with families.	Makes a significant contribution to our parent community. They receive advice/help/guidance. Also sign posting to our services. Improved family wellbeing resulting in child being happy and attending school. Enabling families to get the support they need to thrive.
Parent Support	School Office	This is often the first member of staff a parent will speak to about a concern. Office staff are vigilant to identify to parental needs and concerns. They pass information to teachers and SLT. They also direct parents to support. They will log more serious concerns through 'My Concern' which are then picked up by the DSLs.	Parents have access to a real person who will redirect and support them as needed.