

OPeChildren's Mental Health and Wellbeing: A Graduated Response

Wave 1 Universal provision	Wave 2 Specific, additional and time-limited intervention	Wave 3 Targeted, specialist provision highly tailored to need
<p>We ensure that our curriculum provides all children with knowledge and skills that ensure all children know how to keep themselves and others physically and mentally healthy and safe.</p> <ul style="list-style-type: none"> • Embedded PSHE Curriculum in all year groups • Regular Collective Worship with Mental Health and Wellbeing focus led by staff and pupils • Displays in the school and classroom environment • Weekly "Let your light shine" celebration assemblies • Worry boxes in every classroom, checked and actioned on a regular basis • Playground Buddies - pupils who support others throughout play and lunchtime • Themed weeks/days linked to mental health awareness: Anti-Bullying Week, Hello Yellow World Mental Health day <p>Transition Focus</p> <ul style="list-style-type: none"> • Two day transition programme to support every year group in transitioning to their next year group, into a new classroom and with new adults • Open day to introduce new families to new classroom environment and teaching staff • Stay and play sessions for new Nursery children prior to starting 	<p>Occasionally, some children may need a little extra support. We have staff who work in school to provide early help support.</p> <p>Learning Mentors providing targeted, bespoke support:</p> <ul style="list-style-type: none"> • Daily / weekly check-ins • Friendship groups • Emotional support • Building confidence and self esteem • Drawing and Talking • Play therapy 	<p>Occasionally a child may need more complex mental health needs. We can signpost and support referrals to specialist agencies such as behaviour and emotional health teams.</p> <p>Primary Mental Health</p> <p>The Primary mental health work service (PMHW) is a targeted early intervention and prevention children's mental health team in Northumberland. The team is composed of a variety of backgrounds, including: registered mental health nurses, general nursing, counsellors and psychotherapists, social workers, occupational therapists, education mental health practitioners and peer mentors. The PMHW Service provides support to those that fit the criteria for a 'getting help' support in the Northumberland graduated approach and Thrive model.</p> <p>Child and Adolescent Mental Health Services (CAMHS)</p> <p>Individual support for emotional and mental health needs.</p>



"Let your light shine."