

Wave 3

I may need a person outside of school who can help with my mental wellbeing and emotions because of something that may have happened to me or my family or I may find managing my emotions difficult

Mrs Wellings and Miss Beresford Will arrange this for me, they may have to make sure I am safe too and will speak to my teachers, parent/carers and me. The adults around me may have to put a plan together to make sure I am safe because I am finding my behaviour and emotions hard to manage .

Wave 2

If I need a little more help with my Mental Wellbeing I can see staff in school who will help me:

Mr Boughey, Mrs Wellings, Miss Beresford, Miss Parveen, Mrs Howard

I may have interventions in learning how to manage my emotions and behaviour. These adults will also speak to my Parents/carers

My Parents/carers can contact these adults and my class teacher if they feel I may need a little more help with my emotions

We also have Peer Mentor who are trained to support me if I am worried about anything

Wave 1

In school we learn to take care of our mental wellbeing by:

Commando Joe Lessons

Our PSHE Lessons planned by our class teacher

Chico Time, this is when I can share with my teacher and my class what is going well for me and if I am worried about anything, We also talk about what's happening in the world

We learn outside which includes: Edible Garden s, Forest School, we know is good for our wellbeing

Our School is Safe and calm environment, we learn

Mindfulness and use the reflection table to help us understand how we are feelings when we are struggling

I talk to a trusted adult