



Mental Health and Wellbeing Offer - Children

Wave 1 – Whole School

All children who attend Kingswood Parks Primary School can expect:

- A safe and welcoming learning environment
- Staff who are positive and take an interest in every child
- Opportunities to share how they are feeling with an adult
- Praise and celebration for positive behaviours and achievements
- An assembly schedule which is designed to support the development of character
- The PSHE Curriculum

Wave 2 – School Intervention

When a child needs further support with their mental health and wellbeing, they can expect a graduated response including:

- Opportunities to check in with a trusted member of staff (including the ELSA support team)
- ELSA sessions focussed on exploring and improving specific/various aspects of mental health and wellbeing
- Focussed sessions with the mental health lead (Mrs Simpson)
- Drawing and Talking strategies with the ELSA team or CP Lead
- Three houses work with the CP Lead
- The Incredible 5-Point Scale – ELSA Team
- Zones of regulation work – ELSA Team
- Brain breaks from classroom work
- Behaviour Plans implemented by the Behaviour Lead

Wave 3 – Wider Services

When children's mental health and wellbeing needs further provision, the school will draw upon the expertise of the following services:

- Thrive
- Mind
- CAMHS
- Hull Contact Point



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- Time to Listen
- Early Help
- School Nurse
- Children's Centres
- SENDIASS
- Hull Neurodiverse service
- KIDS
- Let's Talk
- Dove House Grief and Bereavement Service
- Fit Mum's Together in Grief

Online resources:

- www.youngminds.org.uk
- www.howareyoufeeling.org.uk
- www.childline.org.uk
- www.NSPCC.org.uk