

# Mental Health & Emotional Wellbeing

## at Kingskerswell C of E Primary School

### Tier 3

Early Help and signposting to other outside agencies, depending on needs and wishes of the child and parents/carers

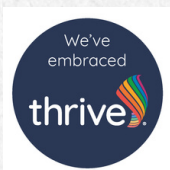
Child Adolescent Mental Health Services – CAMHS – offer support to children and young people facing emotional, behavioural or mental health difficulties

### Tier 2



Thrive 1-1 or group support with our Qualified Thrive Practitioner

Sourcing and signposting towards trusted therapeutic self-help resources for early intervention, working together with our families and children



### Tier 1 - All Pupils

Our PSHE curriculum teaches children about healthy and happy relationships, looking after their physical and emotional health and learning about emotions, including the Brain Science – of our 'Lizard' brain and 'flipping your lid'

Remembering and referring to our 10 a day for good mental health

We use the Thrive approach to support all children's emotional development and wellbeing through class and group screens and class and group action plans  
All staff use the Thrive relational approach, using the Vital Relational Functions or VRF's

Every class uses about the 'Zones of Regulation' to support pupils to recognise what they are feeling and to ensure a shared common language around emotions; this includes teaching Self-Regulation strategies such as ways to breathe that can help us get back to the Green when we are in the Red, Yellow or Blue

In Reception, teaching the 'Think Equal' programme all about emotions,

Offering the Family Thrive course to all parents to support managing behaviours that challenge

We encourage Resilience and Mindfulness in a range of ways including: Forest School, Growth Mindset and our school values

Lunch time activities like Read and Relax and Chill and Chat