

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



Offering 1-1 or group support, the small groups we offer focus on Nurture, Anxieties and Worries and Positive Relationships

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 a relational and trauma-based approach to support all children's emotional development and wellbeing

Every class uses '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,

Providing links to trusted sources of support in our newsletters and on our website

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

Optional lunch time activities like 'Read and Relax' and 'Chill and Chat'