



Coupe Green
Primary School
HOUGHTON

Mental Health Intervention Plan

Coupe Green Values

- **Respect** each other
- Be **Kind**
- Be **Honest**
- Show **Equality** and **Love** to one another

Our school ethos and curriculum are rooted in our core values. We believe that teaching children respect, the power of kindness, honesty and love, enables children to understand each other and themselves; supporting children to tolerate and celebrate differences, promoting equality. These values encapsulate our offer of positive mental health for all.

Coupe Green's Universal Offer

Senior Leads Role

- Review and update safeguarding and behaviour policies, in line with school needs and in partnership with stakeholders.
- Ensure that the behaviour policy is being implemented across school.
- Foster a nurturing environment where children can seek support.
- Implement Nurture Provision.
- Conduct termly Pupil Progress Meetings.
- Deliver weekly assemblies focused on mental health: Understanding mental health, promoting British Values (tolerance, respect), and focussing on school identified needs.
- Foster a growth mindset, creating resilient learners.
- Create and monitor the delivery of a creative, engaging and challenging curriculum, where children at all levels can achieve their best.
- Establish an open-door policy, forming strong parent/school relationships.
- Deliver Wellbeing Workshops.
- Provide calm and quiet spaces in school to support wellbeing – Wellbeing Garden.

SENCo Lead Role

- Monitor the provision in place for SEND children and those identified as at higher risk of developing poor mental health.
- Liaise with class teachers and parents to meet specific needs, ensuring the curriculum is accessible.
- Oversee Nurture Lead planning.
- Monitor SEND Passports and the impact of them.
- Conduct SEND meetings and annual reviews for children with Educational Health Care Plans.
- Conduct termly SEND progress meetings.
- Support teachers to create personalised behaviour systems for SEND children, in line with whole school behaviour policy.
- Complete referrals for external support.
- Support parents with early help interventions.

Nurture Lead Role

- Plan Nurture sessions with SMART targets.
- Provide calm and quiet spaces in classrooms to support wellbeing.
- Provide Early Help in school support.



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Class Teachers and Support Staff Role

- Create warm and nurturing environment.
- Implement positive behaviour system, following school behaviour policy.
- Plan seating to support learning and wellbeing.
- Organise wellbeing resources.
- Implement SEND Support Plans.
- Plan lessons which challenge at all levels.
- Foster a growth mindset.
- Deliver weekly PSHE lessons.
- Consider needs of individuals and ensure they are catered for.
- Model positive and respectful communication.

Welfare and Kids Club Staff Role

- Create warm and nurturing environment.
- Implement positive behaviour system, following school behaviour policy.
- Be aware of children's specific needs and communication needs.
- Communicate friendship and wellbeing concerns with class teachers and SLT.
- Interact with children, modelling positive play and communication.

Mental Health Intervention Plan

Coupe Green's Selective Early Interventions

- Self-regulation systems for children – worry boxes, wellbeing journals, speaking with key adults.
- Parents, children, teachers are able to refer needs to the Senior Mental Health Need, Mrs Littlewood, SENCo, Mrs Cooke and Nurture Lead, Mrs Barry.
- In school referrals are evaluated by the mental health and wellbeing team and in school support planned.
- Nurture sessions, where children are grouped according to their wellbeing needs and SMART targets set.
- Fortnightly wellbeing meetings with DSLs, SENCo and Nurture Leads, where concerns can be shared, informing referrals required and reviewing Early Help support.
- Early Help Assessments, completed by SENCo and Headteacher
- Friendship support groups
- Increased PSHE lessons to support identified needs, such as emotional regulation.
- Social stories
- Child and Family Wellbeing service referrals
- Groups workshops accessible for parents via Child and Family Wellbeing.

Coupe Green's Intensive Interventions

When children require more intensive and specialist support, referrals to external agencies are made.

Agencies used by Coupe Green:

- Inclusion Hub – behavioural support and funding requests.
- Child and Family Wellbeing Service - referrals for play therapy, counselling, parent workshops and home support.
- CAMHS – referrals for specific mental health needs and diagnosis pathways.
- Educational Psychologist support and assessments.
- Specialist teachers
- Support from alternative provision.
- Lunchtime support and adaptations.