



Emotional Wellbeing and Mental Health at Valley

UNIVERSAL APPROACH

- We use Coram Life Education's SCARF curriculum for our PSHE lessons. This provides a whole school approach to health and wellbeing; promoting positive behaviour, mental health, resilience and achievement through weekly lessons and circle times.
- Assembly themes
- Children's Mental Health Week promoted each year
- Strong links with Bromley Y, who come in to deliver workshops and assemblies
- Additional workshops, such as Fantastic Fred
- Restorative Approach to behaviour encourages emotional literacy and relationship building
- Peer Mediators, trained by Behaviour Matters, provide peer support on the playground.
- Care experienced pupils are assigned a positive attachment figure (meet weekly)



STAGE 1

Concerns raised by pupil, staff, parents or carers

- Meeting between the parent/carer and the class teacher
- Appropriate strategies and support may be implemented within the classroom context, using our resource bank. Examples might include emotions fans, flexible transitions, peer buddies, STOPP cards
- Parents signposted to the Bromley Y universal offer of webinars and support calls



STAGE 2

Review of in class strategies – need for further support identified

- Class teacher makes a referral to the Senior Mental Health Lead or SENCO
- Meeting with parent/carer, class teacher and SENCO or Mental Health Lead.
- Mental Health Lead may seek advice from our link Mental Health Support Team (MHST) practitioner from Bromley Y



STAGE 3

Interventions are planned to meet the needs that pupils are currently presenting and the offer varies accordingly

Internal support/interventions

- Anxiety intervention (Minimum 8 sessions)
- SEMH intervention (Zones of regulation) (Approximately 10 weeks)
- Self-esteem intervention (Minimum 4 sessions)
- Confidence building intervention
- EBSA (Emotionally Based School Avoidance) programme
- Social skills programme
- Friendship building programme
- Weekly/Fortnightly Pastoral Check ins

External support

- For pupils in Years 4-6, a referral to Bromley Y via the School Wellbeing Service for Guided Parent Support.
- For pupils in Years R to 3, a referral directly to Bromley Y, for guided parent support. This can be done by the school or parents can self-refer.
- Bromley Mentoring Initiative – School can apply for a small number mentors who meet with Year 6 pupils either weekly or fortnightly and in many cases continue to in Year 7.