



## Tynsel Parkes Social, Emotional, Mental Health and Wellbeing Provision.

Global Strategies - Most people's needs can be met by utilising these strategies, preventing the need for intervention in most cases.		
Concerns	How to support?	Who can support?
<ul style="list-style-type: none"> <li>• Low level worry or stresses.</li> <li>• Family adjustments</li> <li>• Academic struggles.</li> <li>• Friendship problems.</li> <li>• Past mental health concerns that need monitoring.</li> <li>• Minor illness</li> <li>• Transitions in school or at home.</li> <li>• Low level social media concerns.</li> </ul>	<ul style="list-style-type: none"> <li>• Worship -Church, School &amp; Class</li> <li>• PSHE Curriculum - promoting self-help tools and strategies.</li> <li>• Utilising Emotional Coaching.</li> <li>• School Council.</li> <li>• Wellbeing Champions.</li> <li>• School Lunchtime Clubs.</li> <li>• Conquerors After School Club</li> <li>• Worry Boxes.</li> <li>• Classroom reflective area.</li> <li>• Circle Time.</li> <li>• Wear and Share.</li> <li>• Community Help.</li> <li>• Log any safeguarding concerns on My Concern.</li> <li>• Parent/child Workshops.</li> <li>• Signposting to those appropriate for further intervention.</li> <li>• Regular signposting for staff, children, and parents to appropriate resources via newsletters and social media.</li> </ul>	<ul style="list-style-type: none"> <li>• Senior Leadership Team (SLT)</li> <li>• Designated Safeguarding Leads (DSL/DDSL)</li> <li>• SENDCO</li> <li>• Class Teachers (CT)</li> <li>• Teaching Assistants (TA)</li> <li>• Office Staff (OS)</li> <li>• Lunchtime Supervisors (LS)</li> <li>• Educational Mental Health Practitioner (EMHP)</li> </ul>

**Targeted Intervention - For those individuals or in a group, who's concerns are over an extended period, impacting their academic, social, emotional, mental and wellbeing.**

Concerns	How to support?	Who To support?
<ul style="list-style-type: none"> <li>• Poor attendance</li> <li>• Sensory issues.</li> <li>• Sleep difficulties.</li> <li>• Eating difficulties.</li> <li>• Significant change in the family structure.</li> <li>• Inability to regulate (can be displayed as anger, avoidance, ambivalence, flight risk.)</li> <li>• Persistent low self-esteem and or little resilience.</li> <li>• Long term peer relationship break down.</li> <li>• Death of a significant other.</li> <li>• High level of anxiety/worry.</li> <li>• Persistent digestive / cognitive /motor displacement.</li> <li>• Internalised and externalised behaviours (e.g. self-isolation, emotional withdrawal, and confrontational and persistently disruptive behaviour)</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor the behaviour (charts, logbook)</li> <li>• Communication with all adults involved.</li> <li>• Parent/carer meeting.</li> <li>• Individual Approach (targets, inform plan.</li> <li>• Weekly "Check Ins".</li> <li>• Play Therapy (Group/Individual)</li> <li>• Child on SEN register where appropriate.</li> <li>• Refer to EMHP for individual or group interventions.</li> <li>• SENDCo consultation.</li> <li>• Log any safeguarding concerns on My Concern.</li> <li>• Whole school and parent/carer targeted approach through training and workshops.</li> <li>• Regular monitoring of concerns to assess if level of intervention needs to be escalated or de-escalated.</li> <li>• Consultation with specialist behaviour support via local SEMH school, SEND Inclusion Hub and a Specialist Leader in Education</li> </ul>	<ul style="list-style-type: none"> <li>• Senior Leadership Team (SLT)</li> <li>• Designated Safeguarding Leads (DSL/DDSL)</li> <li>• SENDCo</li> <li>• Class Teachers (CT)</li> <li>• Teaching Assistants (TA)</li> <li>• Office Staff (OS)</li> <li>• Play Therapist (PT)</li> <li>• Educational Mental Health Practitioner (EMHP)</li> <li>• Occupational Therapist (OT)</li> <li>• Speech Therapist (ST)</li> <li>• Early Help</li> <li>• Front Door.</li> <li>• VIP Attendance</li> <li>• Additional outside agencies - GP, Malachi, Pyramid Group.</li> <li>• SEND Inclusion Hub</li> <li>• Specialist Leader in Education</li> </ul>

Specialist Intervention - For individuals with persistent difficulties due to a sudden and critical incident or continued difficulties despite "Targeted Interventions", which may require additional professional interventions within the school remit.

Concern	How do we support?	Who supports?
<ul style="list-style-type: none"> <li>• School Refusal</li> <li>• Severe Sleep Problems</li> <li>• Suspected Eating Disorder</li> <li>• Gender/ Sexual Confusion</li> <li>• Risky Behaviours</li> <li>• Domestic Abuse/Violence/Turmoil</li> <li>• Profound Attachment Disorders with triggered responses</li> <li>• Self-Harm</li> <li>• New or difficulty in managing a diagnosed neurological/physical condition(ADHD/ASD/Dyslexia/Tourette Syndrome/Cancer/Epilepsy...)</li> <li>• Friendship dissolution with no resolution resulting in no social interactions with peers/adults.</li> <li>• Severe Anxiety /Worry</li> <li>• Acute Low Self-worth/Resilience</li> <li>• Sudden/violent death of family/friend</li> <li>• Behavioural Disorder</li> <li>• Suicidal thoughts/actions</li> </ul>	<ul style="list-style-type: none"> <li>• Continue all "Targeted Interventions" unless directed.</li> <li>• Immediate contact and regular communication with parents/carers</li> <li>• Log any safeguarding concerns on My Concern</li> <li>• If applicable contact Front Door/First Response/Social Services</li> <li>• Early Help referral - Children and Family Wellbeing Service.</li> <li>• External Agency Referrals - EP Services, VIP Attendance, Educational Psychologist (EP), Speech Therapist (SP), Occupational Therapist (OP), Play Therapist (PT), Child Psychotherapist (CP)</li> <li>• External Services Referrals - Burton Albion Community Trust, Malachi, Autism Outreach, Pyramid, CAMHS.</li> <li>• EHCP evaluation.</li> <li>• Continual support to all Staff involved/effectuated on all levels.</li> </ul>	<ul style="list-style-type: none"> <li>• Senior Leadership Team (SLT)</li> <li>• Designated Safeguarding Leads (DSL/DDSL)</li> <li>• SENDCO</li> <li>• Class Teachers (CT)</li> <li>• Teaching Assistants (TA)</li> <li>• Office Staff (OS)</li> <li>• Play Therapist (PT)</li> <li>• Educational Mental Health Practitioner (EMHP)</li> <li>• External Agency/Services- EP Services, VIP Attendance, Educational Psychologist (EP), Speech Therapist (SP), Occupational Therapist (OP), Play Therapist (PT), Child Psychotherapist (CP), Burton Albion Community Trust, Malachi, Autism Outreach, Pyramid, CAMHS.</li> <li>• Staff Occupational Health</li> <li>• Pastoral Team</li> </ul>

**Tynsel Parkes Academy endeavours to create a safe, nurturing, inclusive culture and this is a whole school approach which incorporates our core values and vision.**

**'At Tynsel Parkes Church of England Primary Academy our vision is for everyone to feel valued and be all they can be whilst embracing Christian values in our daily lives.'**

All staff have up to date DBS's and have had Safeguarding level 1 training.

All CT's and TA's have had training in Reflective Listening, Emotional Coaching, 'Beliefs, Values and Attitudes to Behaviour' .

Additionally, all teaching staff have access to The National College Resources to gain any additional CPD training they desire.

### **Additional Information:**

Senior Leadership Team **SLT**- Mrs R Chandler, Mrs K Helm, and Mrs L Webb

Designated Safeguarding Lead/ Deputy Designated Safeguarding Lead- **DSL/DDSL** - Mrs R Chandler/Mrs K Helm

Special Educational Needs and/or Disabilities Coordinator - **SENDCo**- Mrs K Helm

Class Teachers - **CT** - Mrs K Helm, Mrs L Webb, Mrs H Wilcock, Mrs H Irving, Mrs S Skelton, Mrs K Mellor, Mrs L Hill

Teaching Assistants -**TA**- Mrs K Chatfield, Mrs K Lauben, Mrs J Roberts, Miss E Edensor, Mrs A Sowter, Miss D Sowter, Mrs E Pye, Mrs C Bownds, Mrs T Aidrus, Mrs C Meldrum.

Office Staff - **OS** - Mrs J Turner, Mrs E Sandbach

Lunchtime Supervisors - **LS** - Mrs J Roberts, Mrs A Walton, Mrs J Sanbrooke, Miss D Sowter, Mrs L Knight

Play Therapist - **PT**- Mrs C Bownds

Educational Mental Health Practitioner - **EMHP** - Mrs R Holcroft

## Useful Resources

**Secure emotional Foundations for Learning:**

[www.annafreud.org](http://www.annafreud.org), [www.mind.org.uk](http://www.mind.org.uk), [www.sane.org.uk](http://www.sane.org.uk), [www.youngminds.org.uk](http://www.youngminds.org.uk),

**Self-Regulation, behaviour, and anxiety:**

[www.samaritians.org](http://www.samaritians.org), <https://www.beateatingdisorders.org.uk/> , [www.childline.org.uk](http://www.childline.org.uk)

**Trauma and significant life events:**

[www.winstonswish.org](http://www.winstonswish.org), [www.youngminds.org.uk](http://www.youngminds.org.uk), [www.childbereavement.org.uk](http://www.childbereavement.org.uk),  
[www.stgileshospice.com/how-we-can-help-you/our-care/bereavement-support/support-for-adults/](http://www.stgileshospice.com/how-we-can-help-you/our-care/bereavement-support/support-for-adults/)  
[www.cruse.org.uk/](http://www.cruse.org.uk/), [www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/)

### **Mental Health Helplines and charities**

**Mental Health Foundation:** Information and support for anyone with mental health problems and learning disabilities.

**Mind:** A charity that provides advice and support for people experiencing a mental health problem. Call: 0300 1233 393

**Rethink Mental Illness:** Support and advice for people living with mental health problems. Call: 0300 5000 927

**Samaritans:** Providing a 24 hr online and phone support for people in distress. Call: 116 123

**SANE:** Out of hours charity offering emotional support guidance and information. Call: 0300 3047 000 (4.30pm-10.30pm)