Barford Primary School

Mental Health Provision Map

ALL **Wave 1 – Universal Provision** *Most children's needs can be met using these strategies. Effective use of Wave 1 will prevent the need for intervention for most children*	**SOME** **Wave 2 – Targeted Provision** *Some children may struggle to manage their anxiety/ social skills despite effective Wave 1*	**FEW** **Wave 3 – Specialist Provision** *Accessed via SMHL/Pastoral referral*
• Quality First Teaching • Reduce stigma by talking about feelings and emotions • Use Thrive techniques throughout the day to teach coping, relaxation and regulation strategies • Regular movement and exercise during the school day • Opportunities for, and modelling of positive social interactions • Opportunities for play • Instil and refer to our school values; respect, kind, honest, ambitious, confident, self-controlled, resilient • Build self-esteem and growth mindset • Use praise to positively reinforce • Use restorative practices to build relationships and trust • Good communication links with parents and carers • Opportunities to have fun and promote laughter • Build sense of belonging for all pupils • RHE Curriculum • Well-Being Ambassadors– Children trained as wellbeing ambassadors • Other pupil leadership opportunities	• Referral to SMHL, SENCO, Inclusion or Pastoral Lead to discuss best practice and provision • Group and individual support through the Thrive provision – ran each afternoon (refer through SMHL or Pastoral Lead) • Check in time (time to talk) with classroom staff or LSM • Access to break out spaces (safe spaces) either attached to class room or other quiet spaces in school eg THRIVE room, library • Individualised support – e.g. social stories, personalised support plans, pupil profiles, self-help strategies, sensory boxes • Lunchtime support – safe adult, wellbeing ambassadors access to quiet area in school	• SMHL and Pastoral lead – managing and signposting for parents e.g. The Waiting Room (Health and Well-being support), Birmingham Local Offer (SEND), Compass MHST Birmingham, Birmingham's Inclusion House (parent tabs), Behaviour support. Highly targeted work with some children • Thrive provision – directed access • Referral to external services: Compass MHST Birmingham and Behaviour Support Service. • Early Help – including Family connect self-referral support • NHS referral support for children including school nurses • Specialist teaching services including LLAS (language, learning and Strategic support team), CAT (Communication and Autism Team) and SALT (Speech and Language Therapy) • Kooth - Online mental wellbeing community for young people aged 11-25
