

Connecting with trusted adult first thing in the morning/home time and at points of particular difficulty.

Safe space tables with activities and calm box.

“Chill out time”

Home-school book/positivity book

Individual targeted interventions and use of scaling

Daily check in’s by trusted adult/ SENDCo.

Learning Plans

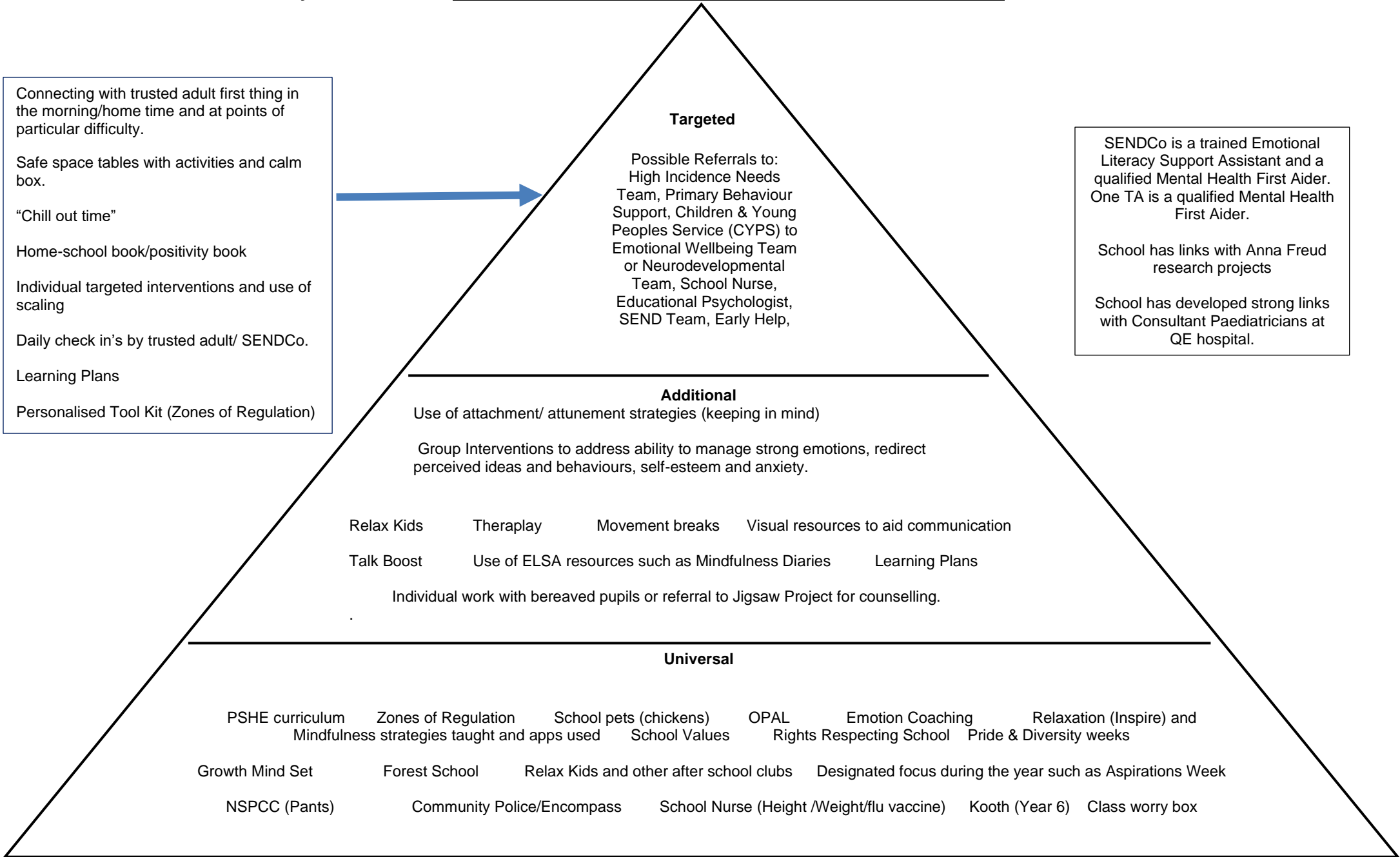
Personalised Tool Kit (Zones of Regulation)



SENDCo is a trained Emotional Literacy Support Assistant and a qualified Mental Health First Aider. One TA is a qualified Mental Health First Aider.

School has links with Anna Freud research projects

School has developed strong links with Consultant Paediatricians at QE hospital.



Targeted

Possible Referrals to:
High Incidence Needs Team, Primary Behaviour Support, Children & Young Peoples Service (CYPS) to Emotional Wellbeing Team or Neurodevelopmental Team, School Nurse, Educational Psychologist, SEND Team, Early Help,

Additional

Use of attachment/ attunement strategies (keeping in mind)

Group Interventions to address ability to manage strong emotions, redirect perceived ideas and behaviours, self-esteem and anxiety.

Relax Kids Theraplay Movement breaks Visual resources to aid communication

Talk Boost Use of ELSA resources such as Mindfulness Diaries Learning Plans

Individual work with bereaved pupils or referral to Jigsaw Project for counselling.

Universal

PSHE curriculum Zones of Regulation School pets (chickens) OPAL Emotion Coaching Relaxation (Inspire) and Mindfulness strategies taught and apps used School Values Rights Respecting School Pride & Diversity weeks

Growth Mind Set Forest School Relax Kids and other after school clubs Designated focus during the year such as Aspirations Week

NSPCC (Pants) Community Police/Encompass School Nurse (Height /Weight/flu vaccine) Kooth (Year 6) Class worry box