



Pendle Community High School & College

Mental health and Well being provision/ strategic approach reviewed August 2022

Level 1 Intervention	Activity / Strategy	People involved
Universal / embedded in curriculum offer	<ul style="list-style-type: none"> • Restorative approach to positive relationships and behaviour incl daily check in / out • Weekly Restorative though/ promoting positive mental health and well being • Action for Happiness monthly calendar • Form time every day • Thrive • PSHE (including RSE) • Online safety • Physical Development • Sensory regulation activities including proprioception equipment area, sensory diets etc. • Forest schools • Outdoor Ed • Enriched curriculum Erasmus+ project Ready, Steady, Change, Stamp it out! • lunch time clubs • after school clubs • Assembly calendar /programme • School Nurse / HCSW sessions • Residential • Duke of Edinburgh 	<ul style="list-style-type: none"> • All staff • Form Leads • THRIVE practitioners Headteacher, AHT, 1 Teacher, FLO • Family Liaison Officer • Special Needs School Nurse • Music Therapist Full time • Mental Health First Aiders: (FLO) • Forest Schools Trained staff • Duke of Edinburgh lead • SENDCO • Lego Therapy – 3 teaching assistants • Mental Health mentors(pupils)

	<ul style="list-style-type: none"> • Personal development incl well-being sessions e.g mindfulness programme, yoga, gym, dance, • post 16 work experiences / volunteering activities • Music Therapist • Drawing and Talking and Sand Play • Lego Therapy • Individual behaviour strategy / intervention plan • Well-being Passport • Specific / targeted monitoring • Mental health Awareness weeks • End of day reflection • Mental Health mentors/ buddies 	
Level 2 Intervention	<ul style="list-style-type: none"> • Thrive – individual assessment and programme • Music Therapist • Drawing and Talking, Sand Play. • School Nurse / HCSW sessions • Directed support from DSL / SG team e.g. referral to PLDNT, MH support • Could involve GP • Counsellor 	<ul style="list-style-type: none"> • Headteacher, Teacher, AHT, Family Liaison Officer • Family Liaison Officer / Deputy DSL • Special Needs School Nurse • Music Therapist • DHT J Bayliss SENDCO / DSL/ DSnr MH Lead • Counsellor
Level 3 Intervention	<ul style="list-style-type: none"> • Referral to local services e.g. wellbeing services/ early help, Lookout, CANW, Reducing Harm and Aggression, GP, bereavement service PSH, Winston's wish etc. 	<ul style="list-style-type: none"> • Local services
Level 4 Intervention	<ul style="list-style-type: none"> • Referral to specialist services ELCAS, clinical psychologist • CSC/ Adult SC referral 	<ul style="list-style-type: none"> • Local NHS • Children's Social Care • Adult Social Care

<p>Universal Provision for staff</p> <p>❖ In development</p>	<ul style="list-style-type: none"> ❖ Weekly Restorative though/ promoting positive mental health and well being ❖ Action for Happiness monthly calendar ❖ Wellbeing activities as part of curriculum ❖ Well Being activities tab on website ❖ INSET programme ❖ Access to trained MHFA JBA A McC ❖ Signposting to: Education Support partnership, Big White Wall, NHS Everymindmatters, local bereavement counselling e.g. Pendleside Hospice ❖ Access to Employee Assistance programme ❖ Access to campus gym ❖ OH advice and reports ❖ Union advice and support ❖ Half termly support supervision from line manager 	<ul style="list-style-type: none"> • MHFA A McC • Local services • Employee Assistance Programme • LCC OH • Union representatives
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