




PENDLE COMMUNITY HIGH SCHOOL & COLLEGE

Mental Health & Wellbeing 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• Personal development incl well-being sessions e.g mindfulness programme, yoga, gym, dance,• post 16 work experiences / volunteering activities• Music Therapist	<ul style="list-style-type: none">• All staff• Form Leads• THRIVE practitioners Debra Grogan Headteacher, Claire Endersby AHT, Andrea Huggett Teacher, Alison McConville FLO• Family Liaison Officer• Special Needs School Nurse• Music Therapist Full time• Mental Health First Aiders: - Alison McConville• Deputy Head teacher, Alison McConville (FLO)• Forest Schools Trained staff• Duke of Edinburgh lead J Harvey• SENDCO• Lego Therapy – N Jabar, F Calvert, R Foreman• Mental Health mentors(pupils)

	<ul style="list-style-type: none"> • 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 Debra Grogan, Andrea Huggett Teacher, Claire Endersby AHT, Alison McConville Family Liaison Officer • Family Liaison Officer / Deputy DSL • Special Needs School Nurse • Music Therapist • DHT SENDCO / DSL/ DSnr MH Lead • Counsellor Sarah Tullet
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
Universal Provision for staff ❖ In development	<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 	<ul style="list-style-type: none"> • MHFA A McC • Local services • Employee Assistance Programme • LCC OH • Union representatives

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- ❖ 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**