

Mental Health & Wellbeing Provision

Harlands Primary School

High Level Need

Pupil need support from external agencies. School works in partnership.

Medium Level Need

School's inclusion and wellbeing team will provide support using recognised interventions or advice from external agencies.

Low Level Need

Pupil's show low-level wellbeing needs. Class teachers and support staff monitor and where necessary use informal pastoral care.

Whole School Provision

Good mental health learning for all. Character building curriculum to increase resilience and self-esteem.

Indicators that a child may need some additional help

Persistent sadness that lasts two weeks or more.

Withdrawing from or avoiding social interactions.

Out-of-control behaviour that can be harmful.

Outbursts or extreme irritability.

Sudden mood and behaviour changes.

Unexplained physical changes, such as weight loss or gain.

Not enjoying things they used to like doing

Sudden poor academic behaviour or performance.

Changes in social habits, such as withdrawal or avoidance of friends and family.

Persistent low-mood or lack of motivation.

Becoming withdrawn and spending less time with friends and family.

Experiencing low self-esteem or feeling like they are 'worthless'

Feeling tearful or upset regularly

Feeling nervous or 'on edge' a lot of the time.

Changes in sleeping habits.

Changes in eating habits.

Feeling tearful, upset or angry.

Suffering panic attacks.

Whole School Provision

Good mental health learning for all. Character building curriculum to increase resilience and self-esteem.

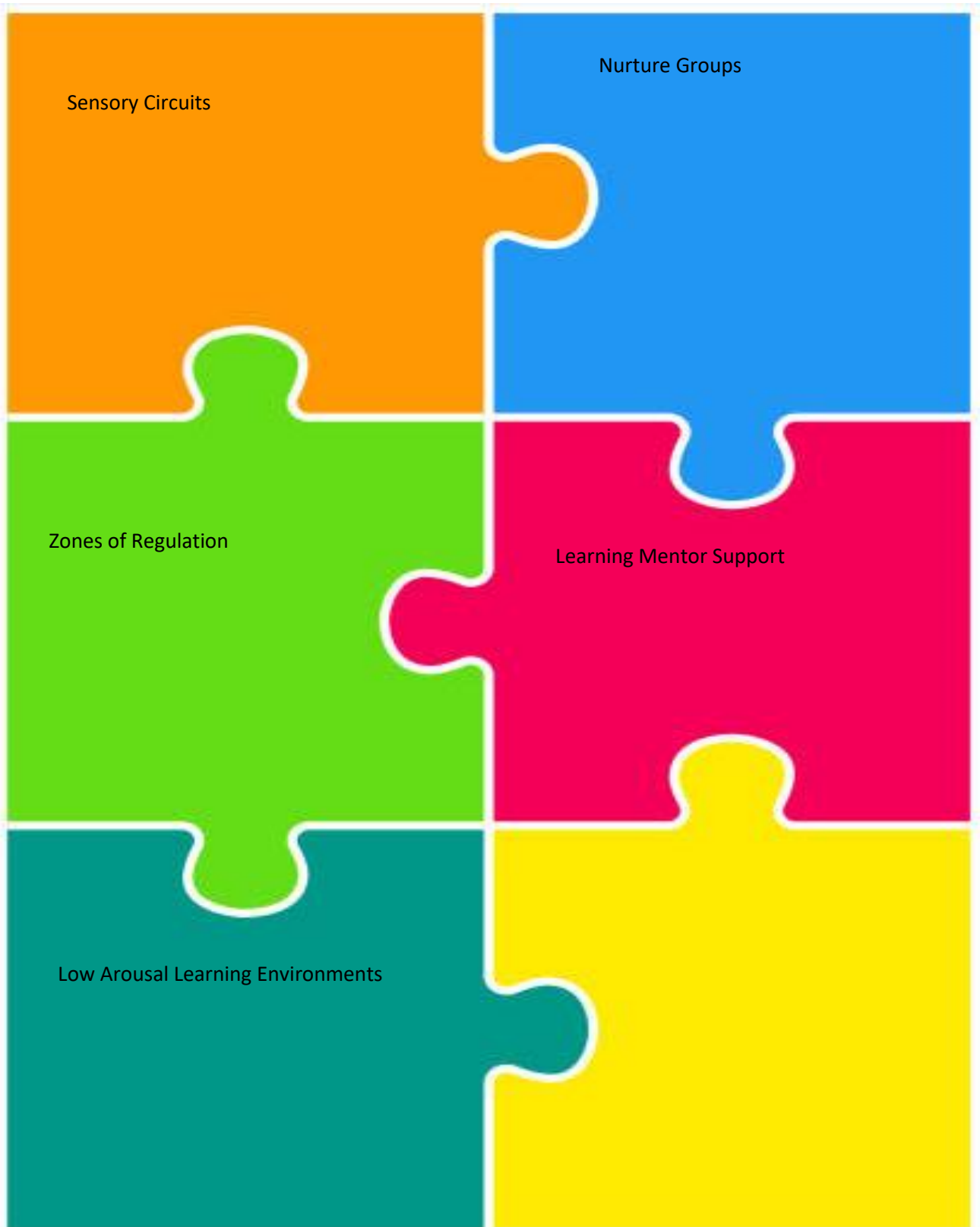
Sensory Circuits

Nurture Groups

Zones of Regulation

Learning Mentor Support

Low Arousal Learning Environments



Low Level Need

Pupil's show low-level wellbeing needs. Class teachers and support staff monitor and where necessary use informal pastoral care.

Talking Art

We can offer some art based support and time to talk.



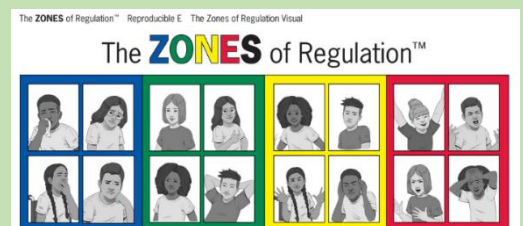
Team Lego

Through using Lego we can support communication, team work, self-esteem and friendships.



Social Literacy Support

Through using The Zones of Regulation we can help children understand what they are feeling and why. We can also then share ways to regulate behaviour and choices.



Bespoke 1:1 support

Not all needs fall into specific support groups. Where there is a need we can work on a 1:1 basis with children to give them the support they need in a way that works for them.



Check-ins

Sometimes it is about knowing someone is there for you. When needed we can offer 'check-in' opportunities so the children know they have a go-to member of staff for support.



Medium Level Need

School's Inclusion and Wellbeing Team will provide support using recognised interventions or advice from external agencies.

In class support

Working together we can support children in the classroom. This will look different for different children in order to meet their needs.



1:1 support with Inclusion Team

Through discussions between parents/carers, class teachers and the Inclusion / Wellbeing Team can provide additional support.



Quiet spaces at break times

When recommended by an external agency (and supervision is available) or the Inclusion Team we are able to provide some quieter spaces at playtime – this could be sitting at a bench or looking at a book.



Time Out arrangements

For many different reasons and in many different ways, time out can be needed. Time out arrangements will be agreed between the children, class teachers and Inclusion Team.



Group support activities

Harlands' Inclusion Team run a variety of support groups for our children. If you feel your child might benefit from some additional support please talk to a your child's class teacher who can discuss this with you and then, if required discuss with the Inclusion team.



Your Space

Each term we have a limited number of Your Space places where we can offer more specialised 1:1 support for children. The Inclusion Team liaise with school staff and parents / carers to allocate places.



High Level Need

Services we can direct you to but do not work directly with.

<https://www.annafreud.org/parents-and-carers/>



<https://e-wellbeing.co.uk/services?loc=west-sussex>



<https://www.sussexcommunity.nhs.uk/services/time-to-talk-nhs-talking-therapies-in-west-sussex/109066>



<https://amazesussex.org.uk/parent-carers/info-advice-parent-carers/health/mental-health-wellbeing/>

West Sussex Single Point of Access (SPoA)

West Sussex Single Point of access (SPoA) helps children and young people (4-17 years) to find the right service for them and is a gateway into CAMHS, YES, Dialogue and West Sussex Mind.

More info: Getting Support - e-wellbeing

<https://www.pathfinderwestsussex.org.uk/im-under-18>

Children and Adolescent Mental Health Services provided by the NHS

- Telephone: 0800 030 9500 or visit.
- Website: Sussex Mental Health Line (NHS)

NHS: Better Health, every mind matters: Helping you to take care of your mental wellbeing

[Every Mind Matters - NHS](#)