

How do we support children with Social, Emotional and Mental Health needs?

At Great Alne, we recognise that some children may require additional support with their social, emotional and mental health needs. We know that for children to achieve well and reach their full potential they must feel secure and confident in themselves and able to interact well with others.

All children participate in Personal, Social, and Health Education (PSHE) lessons each week through the Coram SCARF Scheme which stands for **Safety, Caring, Achievement, Resilience, Friendship**. It promotes positive behaviour, mental health, wellbeing, resilience and achievement alongside the Protective Behaviours 'taking care' project.

We explore and learn how our feelings, thoughts and behaviour are linked and that our behaviour can impact on the feelings and thoughts of the people around us.

Through the Taking Care Project children learn that:

- ***We all have the right to feel safe all the time***
- ***We can talk to someone about anything, even if it feels awful or small.***
- ***We also explore and identify our Early warning signs which supports children to recognise safe and unsafe feelings.***

Our PHSE lessons also provide an opportunity for children also learn about bullying, citizenship, healthy eating, physical activity, online safety as well as mental well-being.

As a result, they develop a wide range of knowledge and strategies to support their own mental and physical well-being and that of others. We have a positive Behaviour Policy which includes expectations on acceptable behaviour, rewards and sanctions.

Support Available

- A designated Mental Health and Wellbeing Lead
- 2 of our staff are qualified Mental Health First Aiders within School.

We also have support from the following specialist agencies if needed following consultation with parents or carers:

- RISE (CAMHS), Primary Mental Health Team, Mental Health in Schools Team
- Shakespeare Hospice Support (Bereavement)
- Educational Psychology Team (EP)
- Play/Art Therapists through Early Help Referral
- Dimension Tool: is a free, online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire. Self-care information is tailored to a person's own needs and the challenges they face and is available 24/7.

<https://dimensions.covwarkpt.nhs.uk/>