

**Graduated Approach to Mental Health Support at St Michael's CE
Primary School**

At St Michael's we are committed to supporting the whole child to feel safe, supported and secure so they can aspire and flourish in the love of God. Please see below our graduated approach to supporting children with mental health difficulties:

Wave of Intervention	What?	By Whom?
Wave 1	<ul style="list-style-type: none"> Daily greeting – speak personally to every child Emotional check-in (time spent with TA to talk in the morning) – particular children who may have raised concern Mindfulness/breathing – PHSE (Jigsaw curriculum) Collective worship/reflection Class teacher conversations with parents to share concerns Time out/sensory boxes Book corner – quiet reading time Attendance monitoring – identifying patterns to absence Emotion bands – red, amber, green – non verbal signal Fiddle toys – reduce stress Attendance officer – Early Help support Whole school themes eg Anti-bullying week/Friendship Day/Mental Health Day 	<ul style="list-style-type: none"> Class teacher Teaching Assistants Emotional Literacy Support Assistant (ELSA) Attendance/Admin Support
Wave 2	<ul style="list-style-type: none"> The Hub provision – Stories around emotions – worry, anger, friendship Bereavement – memory books and stores/time out time Breakfast meet and greet club ELSA intervention – 1:1 basis – if concerns have been raised at emotional check in or in class Three Houses – social and emotional assessment tool E Club (Structured playtime club) – activities around dispute resolution/sharing/turn taking/friendships ELSA conversations with parents Mental Health training for staff eg Anxiety, ACES, Attachment, Trauma School website – Emotional/Mental Health Support tab – mental health support agencies/parenting support and ideas Inclusion Lead involvement (Mrs Nicholls) – conversations/meetings with parents Liaison with outside agencies (Multi-agency approach) eg Social Workers/Family Support Workers 	<ul style="list-style-type: none"> Emotional Literacy Support Assistant (ELSA) Assistant Headteacher for Inclusion (Mrs Nicholls)
Wave 3	<ul style="list-style-type: none"> Evidence-based social and emotional interventions – pre and post assessment to track progress in the individual pupil (ELSA) Forward Thinking Birmingham referrals Outside agency referrals – eg Spurgeons/Stick Team/Barnados Think Family/Request for support referrals – family support Early Help assessments Youth Mental Health First Aider Training – Mrs Nicholls Adult Mental Health First Aider Training – Mrs Nicholls Psychotherapist – Play Therapy Dog Mentoring 	<ul style="list-style-type: none"> ELSA (Mrs Evans) Assistant Head Teacher for Inclusion (Mrs Nicholls) Acting Headteacher (Mrs Goode) Rosie Richards – Psychotherapy Alicia Lasky – Dog Mentoring