# **Pastoral and Wellbeing Support**

We know we have an important role to play in supporting the mental health and wellbeing of our students. We take a coordinated and evidence-informed approach to mental health and wellbeing that can also help foster a readiness to learn.

Support is available through a tiered approach:

Tier
3:
Personalised
Support –
professional
referral to high
level mental health
concerns

Serious and possibly lifethreatening incidents which require professional intervention outside of school

#### What are the concerns?

Examples include: School refusal because of mental health issues, Diagnosed anxiety disorder, Diagnosed depression, Witnessing domestic violence, Experiencing abuse, Sustained self-harm, Suicide ideation or attempt

#### Possible responses:

Listen to the young person, Speak to parents, Early Help Hub referral, MARU, CAMHS, Alternative provision

# Tier 2: Targeted Support – planned interventions in school to address mental health concerns

A sustained concern which is affecting the wellbeing and possibly the academic progress of the young person. These could be long term concerns over anxiety, mental health, or depression.

#### What are the concerns?

Examples include: Persistent low mood, Anxiety, Mood dysregulation, Attachment difficulties, Bereavement of close family member/friend, Historic abuse, Self Harm, Suspected eating disorders, Risky behaviours, Absence

#### Possible responses:

Listen to the young person Speak to parents, Refer to Allocations Panel,
In-school counselling support, Anxiety/wellbeing group sessions, Body image/self-esteem
group sessions, Refer to Jeremiah's Journey/ Penhaligan's Friends, STAR centre support, GP
Appointment, Refer to Live Wire

#### Tier 1: Universal Level Support – response to low level incidences and concerns

These concerns are categorised as those which are longer term and are beginning to impact on the welfare and academic progress of the young person.

#### What are the concerns?

Examples include: Longer periods of feeling low, Long term/repetitive friendship, Issues, Separation/ Divorce of parents, Bereavement of extended family/friend, More significant anxiety around being in class, Long term challenging behaviour

### Possible responses:

Listen to the young person, Speak to parents, Risk assessment/safety planTalk Time, Time out card, Reset in The Hub, Behaviour support plan, Time in Restart, STAR centre support

## Tier 0: Universal Support – pastoral and response to general concerns

These concerns are categorised as short periods of feeling like they are not able to cope.

These will be incidents which cause a young person distress but do not seem to have a long term/lasting impact.

#### What are the concerns?

Examples include: Friendship issues, Minor illness (headache, stomach-ache), Arguments with parents (one off incident), Low level worry (before tests, transitions, events), Short term academic concern, Short term challenging behaviour.

#### Possible responses:

Listen to the young person, Speak to parents, Follow Relationships and Behaviour policy, Report cards