A picture containing text, clipart

Description automatically generated**St Winefride’s Catholic Voluntary Academy – Social Emotional Mental Health Map**

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| **Social Emotional Mental Health** | | |
| **Wave 1 – Quality First Teaching** | **Wave 2 – Guided/Group Intervention** | **Wave 3 – Individual Support** |
| * Clear and consistent boundaries * Positive reinforcement and praise * Whole school reward systems including Bronze, Silver and Gold awards * Use of character muscles * Behaviour charts * PSHE scheme ‘PSHE Matters’ * Displays with strategies for resilience and growth * Well-being scale * Worry box * Strategies for independent working taught and modelled * Play leaders (Y6) * Adaptions to class layout * Rights and Responsibilities in the school organiser * Teaching of calming strategies * Opportunities for team building * A listening ear available * Assessment of learning * Structured routines * Meditation | * ELSA support * Behaviour plan * Home de-brief sheet * Lunchtime support * Visual prompts * Agreed areas for timeout/break out area * A key adult to speak to * Tasks scaffolded according to need * Well-being scale   Specific Group Interventions:   * Social skills e.g., social stories, games and activities * Lego therapy * Friendship skills * Transition support * Communication (speech and language) | * Strengths and Difficulties Questionnaire (SDQ) * Boxall Profile * Risk assessment * Personalised curriculum * Adaption to school day timings   Specific 1-1 Interventions:   * Social skills e.g., social stories * Lego therapy * Emotional Literacy * Anxiety * Managing emotions * Bereavement * Self-esteem * Anger   Support from External Agencies:   * Healthy Together Team * Educational Psychologist * GP/Paediatrician/CAMHS * Early Help |