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

|  |
| --- |
| **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
 |