



St Dunstan's Catholic School



Provision Map for Social Emotional and Mental Health (SEMH)

NEED

- SEMH resources by SENDCO/PHSE LEAD/Senior Mental Health Lead
- Specialist support, advice and interventions, Friends for Life, Educational Psychologist, Learning Mentor, Charlie the dog

- PHSE books to support children's needs.
- Resources to support children's needs
- Learning and behaviour mentor support i.e. support with bereavement, anger management etc.
- Support and guidance from Forward Thinking (Birmingham)
- STICK Mental Health youth team
- Place2be in school
- <https://www.papyrus-uk.org/>
- <https://beyondthehorizon.org.uk/>
- <https://www.bsmhft.nhs.uk/our-services/solar/>
- <https://hopesupport.org.uk/>
- <https://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/>
- www.semh.co.uk
- www.youngminds.org.uk
- www.mentallyhealthyschools.org.uk

Wave 1	Wave 2	WAVE 3
Class Teachers	Class Teachers & Support Staff	Parent Link Worker/SENDSCO/Student Social Worker
<ul style="list-style-type: none"> • Have a shared understanding and belief about mental health and anxiety. • Opportunities for regular exercise, brain breaks integrated within the school timetable. 	<ul style="list-style-type: none"> • Positivity around the school • Exposure to minor challenges to experience success. • Minnie Vinnies • Social stories • Safe space in every classroom. • Distraction 	<p style="text-align: center;">Family support worker /SW student</p> <ul style="list-style-type: none"> • Support and signposting for parents • Direct work with individuals i.e. school refusal, anxiety • Arrange STICK Team briefings for year six • Worry stop Shop x 2 per week at lunchtime. • Pet Therapy every Friday



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<ul style="list-style-type: none">• PHSE curriculum 10/10 includes themes within mental health and emotional wellbeing.• Inclusive whole school ethos. Consistent positive behaviour strategies across school.• Promote resilience; build self-esteem, growth-particularly in relation to praise.• Build confidence through increased responsibility.• Collaborative working with parents-to support children's health and well-being.• Open door approach for parents and children and they know they are listened to.• Hymn practice/mass (whole school) supports a sense of togetherness.	<ul style="list-style-type: none">• Making an individual plan for anxiety triggers.• Teaching of self-regulation/breathing techniques.• Relaxation strategies• Worry box/worry tree• PHSE curriculum-specific work on building self-esteem and resilience.	<p style="text-align: center;"><i>SENDCO/SMHL</i></p> <ul style="list-style-type: none">• Liaison and supervision of specific targeted interventions• Friends for Life x 1 per academic year• Fun Friends x 1 per academic year• Referral to Forward Thinking (Birmingham)• Signpost to Brum Waiting Room.• Mental Health policy reviewed regularly or when needs arise. <p style="text-align: center;"><i>External Support</i></p> <p>Referral for the following;</p> <ul style="list-style-type: none">• Therapeutic services• Cognitive Behavioural Therapy• Early Help• Medication• Play therapy• Art therapy
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