

TREGONY SCHOOL

SUPPORTING CHILDREN'S

MENTAL HEALTH & WELLBEING

'Children learn best when they feel safe, understood and supported'



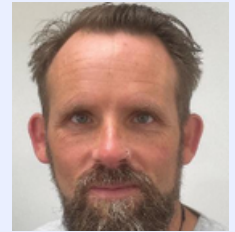
Mrs Kate Mitchell
Executive Headteacher
Safeguarding and PSHE Leader



Mrs Laura Read
Assistant Headteacher
SENCO and Mental Health Leader



Mrs Lyn Grayston
Trauma Informed Practitioner
Emotional Literacy Support Assistant (ELSA)



Mr Jon Evison
NHS Education
Mental Health Practitioner



• Signposting to parents: via [School's Mental Health Hub](#) E.g. Kooth, Quell and ChatHealth

Universal Support

- Calm, predictable classrooms and behaviour routines
 - A Teaching Model that breaks learning chunks
 - Jigsaw PSHE programme
- Staff trained in Emotion Coaching and restorative practices
 - Mental Health Awareness Weeks
- Staff qualified in Penhaligon's Friends bereavement training
 - NSPCC and Barnardos Workshops
 - Enhanced transition to KS3

Targeted Support

- Check-ins with trusted adults
- ELSA (Mrs Grayston)
- Neurodevelopmental Profiling Pathway
- Graduated response to Social, Emotional and Mental Health
- Neurodevelopmental Profiling Pathway
- Use of sensory breaks and breakout spaces
- Small group or whole class workshops with NHS Mental Health Practitioner



Specialist Support

- NHS Education Mental Health Practitioner – Jon Evison
 - Early Help Hub
 - Early Intervention Inclusion Team (EIIT)
 - CAMHS
 - Education Welfare Officer (Attendance)
- Local Authority Advisory Teams, E.g. Autism in Schools

Notice

Assess

Adjust

Target

Refer

Review

Working Together

- Emotional wellbeing and academic success are linked
- Early support prevents escalation
- Clear boundaries and warm relationships protect children

If you are worried about your child's wellbeing, please speak to your child's class teacher. Alternatively, contact Mrs Mitchell: head@tregonyschool.co.uk or Mrs Read: lread@tregonyschool.co.uk

Visit our [SEND and Wellbeing Hub](#) for more information, signposting and guidance