



Mental Health and Wellbeing Pathway

As part of routine classroom practice, emotion coaching, restorative practice and positive behaviour management are used consistently across the school. All staff have received attachment awareness and emotion coaching training and any interventions are tracking via the school provision map.

Notice of unusual behaviour by teachers, parent/carer or classmates. A trusted adult to find a safe place to speak to the child allowing them to share any concerns or worries. For parents to be made aware of these concerns.



Wave 1

Provide support through self-esteem, mindfulness and/or one to one emotion coaching work during school time. Share with the interventions being used with parents. Monitor intervention for a 6-week period and review. Pupil voice questionnaire to be completed.



Wave 2

If issues are still present, provide support from Mrs Stanley, Mrs Stanley to speak with parents at the beginning of the support period. Monitor intervention for a 6-week period and review. Support through Rainbows to be offered if appropriate. Pupil voice questionnaire to be completed.



If issues appear to have been resolved, continue to provide 1:1 support when required, through an adult and continue to monitor. Pupil voice questionnaire to be completed.



Wave 3

If issues are still present, speak with parents and suggest a referral to an outside agency (Action for Children, CAHMS, Sickle Cell, support from EP) and continue with the support provided in school. Pupil voice questionnaire to be completed.





St Joseph & St Theresa Catholic Primary School

Wave 1 Intervention	<ul style="list-style-type: none">• Nurture group with classes• Emotion coaching• PHSE/RE/Collective Worship• 1:1 self-esteem booklet• ELSA support activities• Weekly mindfulness sessions• Termly newsletters sent to all families
Wave 2 Intervention	<ul style="list-style-type: none">• 1:1 support from Y Stanley• 1:1/small group mindfulness support• Rainbows support group• Quo Vadis• Silver Linings
Wave 3 Intervention	<ul style="list-style-type: none">• Support from GP• Action for Children referral• Support from Educational Psychologist• Sickle Cell referral• CAHMS referral