



Horton Primary School – Mental Health Provision Map

At Horton, we believe that thriving mental health is fundamental to every child's success and happiness, just as much as their physical health. We are committed to creating a supportive and nurturing environment where all children, parents and staff feel safe, valued and empowered to look after their wellbeing.

Good mental health and well-being is just as important as good physical health. Like physical health, mental health can range across a spectrum from healthy to unwell; it can fluctuate on a daily basis and change over time. We know that everyone experiences life challenges that can make us vulnerable and at times anyone may need additional emotional support. As a school community we strive to promote respect for each other and the wider world. We aim to foster resilience and independence in our young people so that they are fully equipped to take on life's challenges.

The school incorporates Christian values like love, compassion, forgiveness, and respect into daily life and the curriculum. Staff work tirelessly to develop each child's academic, social and cultural potential. The children's happiness is at the heart of all we do as we strive to ensure children meet their full potential.

This provision map for pupils, parents/carers and staff to use to signpost possible intervention and support available. Support is suggested in 4 levels - Universal, Low level (additional support), Medium level (Targeted support) and High level (Outside agency support is required).

Pupils

Universal	Low level - Additional support	Medium level - Targeted support	High Level - Outside agency support
<p>Universal support is available to all children. This is provision that is readily available as part of the learning environment and our inclusive culture.</p> <p>All staff receive regular training to ensure an appropriate level of understanding to be able to meet the needs of their class.</p>	<p>Where children require additional support to that of our whole school offer at a Universal Level, children will be offered low level support. Informal pastoral care.</p> <p>Children receiving low level support will be tracked by the school via monitoring records.</p>	<p>Where children require additional support to that of our offer at a low Level, children will be offered personalised targeted support.</p> <p>Children receiving targeted support will be tracked by the school via monitoring records.</p>	<p>Where support is of a greater urgency, support will be offered at a higher level within school and referrals will be made to outside specialist agencies.</p> <p>Support by outside agencies. Local and nationwide</p> <p>Children receiving high level support will usually be tracked via school monitoring records.</p>

Universal	Low level - Additional support	Medium level - Targeted support	High Level - Outside agency support
<ul style="list-style-type: none"> • Inclusive whole school ethos • Emotion coaching approach used across the school to support recognition and management of feelings. • Open-door approach for parents and children-parents 	<ul style="list-style-type: none"> • Weekly check ins • Safe space 'in or out' of class • Welcome greet with 'trusted adult' • Increased frequency of emotion coaching support 	<ul style="list-style-type: none"> • Daily check ins • 1 to 1 intervention with SMHL • Early help assessment and plan EHAP • 1 to 1 support with MeLSA 	<ul style="list-style-type: none"> • Team around a child meeting to prioritise next steps for a pupil. <p><u>Referrals</u></p> <ul style="list-style-type: none"> • CAMHS South Glos Children's and Young people's mental health (<i>Referral only</i>)

<p>and children know they are listened to</p> <ul style="list-style-type: none"> • Positive behaviour management strategies used consistently across school • Zones of Regulation • PSHE curriculum includes themes within mental health and emotional wellbeing • Whole school assemblies explore different themes across the year • Whole school singing supports sense of 'togetherness' • Opportunities for regular exercise - brain breaks • Pupil voice opportunities, including school council • Friday celebration assemblies 	<ul style="list-style-type: none"> • Small group intervention with MeLSA trained staff • Individual timetable, 'now and next board' • Classroom breaks - timetabled or responsive brain breaks and or movement breaks • Personalised informal support and opportunities to talk e.g. through play, games, lego. • Personalised social stories, or revisiting of generic social stories • Group interventions i.e friendship skills or Mindfulness colouring • Develop self-help toolkit • Worry box 	<ul style="list-style-type: none"> • Social skills groups • Mindfulness interventions • Lego therapy • In-house Speech and Language intervention • Weekly timetabled time with SMHL and planned support through resources such as workbooks or programmes to support mental health • Pastoral interventions designed dependent on child's specific need e.g. visual timetables • Specialist books to support children i.e Bereavement (available with federation) • More frequent liaison with home, to support the child e.g. home - school diary 	<ul style="list-style-type: none"> • Educational Psychologist (<i>referral only</i>) • School nurse (<i>Referral only</i>) • Off the record OTR Free counselling, phone, text and email support <i>Self-referral</i> www.otrbristol.org.uk <p>Creative youth network - low intensity CB Therapy for children aged 8 onwards www.creativeyouthnetwork.org.uk</p> <p style="text-align: center;"><u>Apps</u></p> <p><u>Stay Alive</u> Suicide prevention</p> <p style="text-align: center;"><u>Links</u></p> <p><u>Shout</u> helpline call 85258 or Text Shout to 85258</p>
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<ul style="list-style-type: none"> • Class 'circle time' used informally to address any emerging issues • Class targets and rewards used to create a sense of 'class team' and belonging • Weekly forest school sessions • Quiet spaces in grounds during lunchtime • Improving mental health through lunchtime play equipment such as dress up Friday • Curriculum enrichment experiences subsidised to ensure all children can take part • Restorative strategies adopted to support pupils when they have conflicts 	<ul style="list-style-type: none"> • Check in at specific times, i.e. lunchtime • Additional adaptive strategies such as thoughtful classroom design/ seating plan to support mental health <p style="text-align: center;"><u>Apps</u></p> <p>Headspace</p> <p>Ollee</p> <p>Chill panda</p> <p>Smiling Mind</p> <p>Ninja Focus</p> <p style="text-align: center;"><u>Links</u></p> <p><u>Childline</u> www.childline.org.uk/toolbox/cal-m-zone</p>	<ul style="list-style-type: none"> • Support and signposting for parents • Bespoke lunchtime support • (If a pupil is on the SEND register, their additional support will be monitored through the SEND Access, Plan, Do, Review cycle.) <p style="text-align: center;"><u>Links</u></p> <p><u>Staying safe</u> - Advice including how to make a safety plan www.Stayingsafe.net</p> <p><u>Kidscape</u> - Top tips for children experiencing bullying. https://www.kidscape.org.uk/media/134290/top-tips-for-children_final.pdf</p> <p><u>Anxiety UK</u> Charity providing support if you have been</p>	<p><u>Childline</u> FREE helpline 0800 1111 www.childline.org.uk/get-support www.childline.org.uk</p> <p><u>NSPCC</u> FREE helpline 0808 800 5000 Email help@nspcc.org.uk https://www.nspcc.org.uk/</p> <p><u>CAMHS</u> 24hr free helpline 0800 9539599</p> <p>IN EMERGENCY SITUATIONS Where someone has injured themselves, threatening to hurt themselves or others. Call 999 or go to A&E</p>
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<ul style="list-style-type: none"> • Mental health and well-being displays in school • Access to Senior mental health lead • Awareness of mental health days and weeks throughout the year • Social stories to explain new events • Quiet dining area available to further support pupils with sensory needs • Support packs for Year 6 children during SATS and for Transition to Secondary school • Older children act as role models to younger children through roles such as school council, ethos, digital leaders 	<p><u>Place 2 be</u> Information and advice www.place2Be.org.uk</p>	<p>diagnosed with an anxiety condition. www.anxietyuk.org.uk Advice line: 03444 775 774</p> <p><u>Beat</u> - advice and support on eating disorders www.beateatingdisorders.org.uk 08088010677</p> <p><u>Winston's Wish</u> Bereavement Support www.winstonswish.org 08088 020 021</p> <p><u>Child bereavement UK</u> support and guidance https://www.childbereavementuk.org 0800 02 888 40</p> <p><u>Young Minds</u> Charity offering practical advice</p>	
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		<p>www.youngminds.org.uk</p> <p><u>Kooth</u> Charity offering free, safe and anonymous support to children aged 10years+ www.kooth.com</p> <p>L.G.B.T.Q+ Switchboardhttps://beta.southglos.gov.uk/one-stop-shops/ www.Switchboard.lgbt</p>	
Discussion with DSL and logging concerns, if required- following safeguarding and child protection policy.			

Parents and Carers

Universal	Low level - Additional support	Medium level - Targeted support	High level - Outside agency support
<ul style="list-style-type: none"> Inclusive whole school ethos Open-door approach for parents and children-parents and children know they are listened to Regular sharing of themes within mental health and emotional wellbeing via email and Dojo Whole school assemblies explore different themes across the year Whole school singing supports sense of 'togetherness', parents and carers invited to watch Mental health and well-being displays in school 	<ul style="list-style-type: none"> Invite to speak to Class teacher or SMHL Signposting for information <p style="text-align: center;"><u>Apps</u></p> <p>Headspace</p> <p>Sorted Mental Health</p> <p>Calm</p> <p style="text-align: center;"><u>Links</u></p> <p><u>Place2Be</u> Parenting Smart - This website features lots of practical tips and advice on how to support your child's wellbeing and behaviour. It also has information on how to support your child through bereavement, sleep problems, body image, bullying and much more.</p>	<ul style="list-style-type: none"> Regular contact with Senior mental health lead, via email Early help assessment and plan (EHAP) Referral to agency support Opportunity to borrow specialist books to support children i.e Divorce, Bereavement <p style="text-align: center;"><u>Apps</u></p> <p>DistrACT</p> <p>Stay alive</p> <p>Calm harm</p> <p>Separating better</p> <p>Between us</p>	<p>South Glos Adult mental health and wellbeing support www.oneyou.southglos.gov.uk</p> <p>South Gloucestershire intensive team www.awp.nhs.uk 0117 3784250</p> <p style="text-align: center;"><u>Links</u></p> <p><u>SHOUT</u> - Feeling overwhelmed? Struggling to cope? Text 'shout' to 85258 - This is a free and confidential 24/7 text line for parents and carers in need of support.</p> <p><u>Samaritans</u> Confidential support for people experiencing feelings of distress or despair. www.samaritans.org</p>

<ul style="list-style-type: none"> • Parents evening • Access to Senior mental health lead • Staff in the playground at both drop off and pick up 	<p>https://parentingsmart.place2be.org.uk/</p> <p><u>Happy Maps</u> - Charity offering information and resources of mental health for children www.happymaps.co.uk</p> <p><u>South Glos One Stop Shop</u> - Housing & Financial Support https://beta.southglos.gov.uk/one-stop-shops/</p> <p><u>School Nurse Team</u> Support with health, mental health, behaviour, continence and sleep issues www.sirona-cic.org.uk/children-services/services/schoolnursing-service</p> <p><u>Better Health, Every mind matters</u> www.nhs.uk/every-mind-matters</p> <p><u>BBC Bitesize</u> - Parents' tips for supporting your child's mental health</p>	<p style="text-align: center;"><u>Links</u></p> <p><u>Talking Therapies</u> Therapeutic support, inc counselling and group courses (self-referral) https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services</p> <p><u>One Plus One</u> South Gloucester support for parents going through separation www.oneplusone.org.uk Free app available called 'Separating better'</p> <p><u>Relationships Matter</u> Parenting advice https://life.southglos.gov.uk/kb5/southglos/directory/advice.page?id=emie6g0nls8</p> <p>In our place - Togetherness Free parenting courses-use code 'concorde'</p>	<p>Advice Line: 116 123 (free 24-hour helpline)</p> <p><u>Relate</u> - free counselling www.relate.org.uk</p> <p><u>Family Lives</u> provides targeted early intervention and crisis support to families www.familylives.org.uk</p> <p><u>Shelter</u> - urgent helpline 08088004444 www.shelter.org.uk</p> <p>Mindline - 01179 2034419</p> <p>IN EMERGENCY SITUATIONS Where someone has injured themselves, threatening to hurt themselves or others. Call 999 or go to A&E</p>
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	<p>https://www.bbc.co.uk/bitesize/articles/zy44bqt</p> <p><u>Anna Freud</u> - Advice and guidance for parents and carers. https://www.annafreud.org/parents-and-carers/</p> <p><u>Southern Brooks</u> - a local charity supporting families www.southernbrooks.org.uk#</p> <p><u>Talking money</u> - Charity offering free and independent money advice 01179 543990</p> <p><u>Parent Talk</u> Online guides on how to talk to children on a range of issues www.parents.actionforchildren/feelings-behaviour</p> <p><u>Housing matters</u> - advice and support for all housing related matters 01179351260 Admin@housingmatters.org.uk</p> <p><u>Young Minds Parent support</u> FREE Helpline 0808 802 5544</p>	<p>www.inourplace.co.uk/south-gloucestershire/</p> <p><u>SilverCloud</u> Free online guided self-help support, self-referral for children aged 11yrs plus and parents aged 5years plus. https://northpoint.jotform.com/252652370816357</p> <p><u>Kooth</u> Free and anonymous support www.kooth.com</p> <p><u>Citizen's advice bureau</u> 08444111444 www.citizensadvice.org.uk</p> <p><u>Anxiety UK</u> Charity providing support if you have been diagnosed with an anxiety condition. www.anxietyuk.org.uk Advice line: 03444 775 774</p> <p><u>Beat</u> - advice and support on eating disorders</p>	
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	<p>This website features lots of practical advice and tips on supporting your child. https://www.youngminds.org.uk/parent/</p> <p>Single parents Online support, information and courses www.singleparents.org.uk</p>	<p>www.beateatingdisorders.org.uk 08088010677</p> <p><u>NHS Advice for Parents</u> - Advice for parents with children experiencing mental health problems. https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/</p> <p><u>Bristol Mind</u> Information, signposting and counselling. www.bristolmind.org.uk</p> <p><u>Mind</u> This is a charity which offers advice and support, especially around the '5 ways to wellbeing' www.mind.org.uk Advice line: 0300 123 3393 (Monday to Friday, 9am to 6pm)</p> <p><u>Winstons Wish Bereavement Support</u> www.winstonswish.org 08088 020 021</p> <p><u>Transgender support</u></p>	
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		0300 330 5468 PTSD support about PTSD and C-PTSD www.ptsduk.org	
Discussion with DSL and logging concerns, if required- following safeguarding and child protection policy.			

Staff

Universal	Low level - Additional support	Medium level - Targeted support	High level - Outside agency support
<ul style="list-style-type: none"> Inclusive whole school ethos All staff receive regular training on Mental health All staff receive safeguarding training Staff well-being policy Open-door approach for staff to know they are listened to PSHE curriculum includes themes within mental health and emotional wellbeing Whole school assemblies explore different themes across the year 	<p>Talk early conversations with SLT and Senior mental health lead</p> <p>Termly wellbeing check ins</p> <p>Walk and talk meetings with Senior mental health lead</p> <p>Take off timetable for breaks or lunchtimes</p> <p style="text-align: center;"><u>Links</u></p> <p><u>Better Health, Every mind matters</u> www.nhs.uk/everymindmatters/mental-health-issues/sleep</p> <p><u>Anna Freud</u> - Website offering advice for educators www.Annafreud.org</p> <p>Resources for professionals</p>	<p>Daily or Weekly check ins with HT (frequency as required)</p> <p>Supervision or help in areas staff may find challenging</p> <p>Flexible working options, PPA at home</p> <p style="text-align: center;"><u>Links</u></p> <p><u>Talking therapies Self-referral</u> www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services</p> <p><u>Education Support</u> Charity offering free online support and financial grants to those in need</p>	<p>Crisis support 0117 3547257 Mon-Fri 8am-10pm 0300 5550334 (out of office hours)</p> <p>South Glos Adult mental health and wellbeing support www.oneyou.southglos.gov.uk</p> <p>South Gloucestershire intensive team www.awp.nhs.uk 0117 3784250</p> <p style="text-align: center;"><u>Links</u></p> <p><u>Samaritans</u> Confidential support for people experiencing feelings of distress or despair. www.samaritans.org.uk</p> <p>Advice Line: 116 123 (free 24-hour helpline)</p>

<ul style="list-style-type: none"> • Whole school singing supports sense of 'togetherness' • Opportunities for regular exercise • Friday celebration assemblies • Weekly forest school sessions, opportunities for all staff to attend throughout the year • Termly emails updates from Senior mental health lead • Mental health and well-being displays in school • Access to Senior mental health lead • Staff surveys • Well-being events for staff • 'Thank you' post it board 	<p><u>Talking money</u> - Charity offering free and independent money advice 01179 543990</p> <p><u>Housing matters</u> - advice and support for all housing related matters 01179351260 Admin@housingmatters.org.uk</p>	<p>Helpline 08000562561</p> <p><u>Citizen's advice bureau</u> 08444111444</p> <p><u>Anxiety UK</u> Charity providing support if you have been diagnosed with an anxiety condition. www.anxietyuk.org.uk Advice line: 03444 775 774</p> <p><u>Beat</u> - advice and support on eating disorders www.beateatingdisorders.org.uk 08088010677</p> <p><u>Winstons Wish Bereavement Support</u> www.winstonswish.org 08088 020 021</p> <p><u>Talking therapies South Glos</u> www.vitahealthgroup.co.uk</p>	<p><u>SHOUT</u> - Feeling overwhelmed? Struggling to cope? Text 'shout' to 85258 - This is a free and confidential 24/7 text line for parents and carers in need of support.</p> <p><u>Shelter</u> - urgent helpline 08088004444</p> <p>IN EMERGENCY SITUATIONS Where someone has injured themselves, threatening to hurt themselves or others. Call 999 or go to A&E</p>
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<ul style="list-style-type: none">• Access/meetings with the Executive Headteacher			
Discussion with DSL and logging concerns, if required- following safeguarding and child protection policy.			