



How does St Joseph's support child Well-Being?

At St Joseph's Catholic Primary School we are committed to promoting positive mental health and emotional wellbeing to all students, their families and members of staff and governors. Our open culture allows students' voices to be heard, and through the use of effective policies and procedures we ensure a safe and supportive environment for all affected - both directly and indirectly - by mental health issues. Please find below our universal offer and holistic approach within school below. Further details of intervention support can be found overleaf.

Trauma Informed School

All members of staff have taken part in training by Wandsworth Psychology Department to have an overview of Trauma Informed principles and practice. This enables cultural change across the whole school and provides consistent trauma informed support to children through their whole day.

Mental Health First Aiders (MHFA)

Two members of staff have received training and are accredited 'Mental Health First Aiders'. This training was then disseminated by them to all staff. Our MHFA are competent and confident in spotting the signs and responding to the mental and physical health needs of a person experiencing a mental health issue. They act as the point of contact and reassurance for a child displaying emotional distress. They form part of a child's bespoke school support plan.

ABA Trained Staff

We are currently in the process of having staff trained to ABA trained (Applied Behaviour Analysis). ABA is based on the science and learning of behaviour. This is a therapy that is most commonly used for children with autism but can be effective for non-autistic children too. It helps the child to learn skills and lessen problematic behaviour like hurting themselves.

PATHS Programme

The PATHS® Programme for Schools is a universal, evidence-based, social and emotional learning schools programme for 4-11 year olds which empowers all children to develop the fundamental social and emotional learning skills which will enable them to make positive choices throughout life.

Parish Priest

We are very fortunate that our Parish Priest Mgr Matthew Dickens is able to visit the school each week to join the children during their morning break time. His pastoral care and spiritual guidance is available in school to pupils who seek it or another familiar face for others. Being present for the children and providing the opportunity for the children to see that Father knows them and cares for them in the same way Jesus knows them and cares for them.

Sensory Rooms

We have a sensory room based in our Little Joe's (EYFS) provision available for all pupils. This is a calming and enjoyable multisensory experience room. We also have our 'Rainbow Room' in KS2 available for children to use as a break out room for their learning with a sensory floor and safe sanctuary for an enjoyable learning experience.

Zones of Regulation

This is a social emotional learning framework and pathway to regulation. It provides easy ways in for children to think and talk about how they feel on the inside. These feelings are grouped into 4 coloured Zones. Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different Zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others.



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Play therapy

Play therapy helps children to explore their feelings, to express themselves and to make sense of their life experiences. Play is children's natural medium to learn, communicate and to explore their worlds. Play therapy allows children the opportunity to explore and understand these feelings through 1:1 sessions with a student play therapist.

Drawing and Talking

Drawing and Talking is for young people who are perhaps not realising their full potential either socially or academically and whose inner world needs to be supported safely and non-intrusively. Drawing and Talking is a 1:1 session which stays in the world of the child or young person's drawing. The child or young person sets the pace and decides what to bring to the session.

"Drawing my worries help so I don't have to talk about it."

Your space to talk

This is a service which provides a space for children to visit a counsellor, whether that's on their own or in a small group, in order to reflect on a tough situation.

"Going to with my friends helps me to talk about any friendship problems we may have."

Dog Therapy

We have our two resident dogs Abou and Kooki who are registered Emotional Assistance Dogs. They assist whole school mental health and wellbeing as well as more targeted academic, personal and social support. They support the teaching of empathy and appropriate interpersonal skills.

ELSA

Emotional Literacy Support Assistants work individually or with a small group of children in order to ensure literacy interventions are delivered so that the children's emotional needs are taken into account when writing. This individual or small group support enables the adults to work closely with the children to develop the child's literacy skills, emotional strategies and love of independent learning to take forward as they move forward through school life.

Rainbows and Sunbeams

Rainbows and Sunbeams provide a peer-support programme which helps to foster emotional healing among children and young people who have experienced a loss at some point during their life. This can be any loss or separation no matter how big or small.

"I didn't know there were other children going through the same as me."

Lego Therapy

Lego Therapy is a chance for children to work in groups with Lego bricks. It is an open-ended experience, multi-sensory and the building projects can be tailored to any child's unique needs. It is a chance for children to work as team in order to succeed and can help with social difficulties.

"We want to carry on Lego Therapy forever, it's helped me to take turns and learn about team work."