

Student Mental Health & Well-being Melland High School 2021-22.

Intensive individual support

- Personalised curriculum and bespoke timetables.
- 1:1 counselling for identified students (42nd street)
- Individual sensory programmes and sensory kits produced by occupational therapist.
- Consultation with Bright Futures Educational Psychologist.
- Bereavement counselling.
- Referrals to outside agencies eg CAMHS (via Multi –agency meeting).
- Individual social stories created for students.

Targeted group support

- Dedicated learning zones/ support teams for some classes.
- Zones of Regulation for targeted group sessions.
- Small group Lego therapy.
- Occupational Therapist input for chosen group sessions.
- Restorative justice approach across school to support friendships.
- Impact Ed wellbeing questionnaires (student Leaders and KS3)
- Mindfulness Art (Key Stage 4 option)
- TalkAbout programme in 6TH form
- I matter delivery in 6TH form

Universal/Whole school support

- School Improvement Priority for Personal Development and Well-being.
- Safe and caring learning environment and strong ethos across the school
- Mental Health and Wellbeing included in all curriculum pathways.
- Strong relationships between school, home and community via excellent pastoral care.
- School dog/therapy dog interaction with students.
- Active student voice via student Leaders and House Captains.
- Whole school Speech and Language strategies dissemination by SALT for total communication.
- Zones of regulation tools and resources visible in all learning areas.
- Multiple sensory spaces and safe places for students on each zone.
- Dedicated safeguarding team and high staff awareness.
- Lunchtime clubs (including dedicated wellbeing club).
- Access to the Daily Mile across all Key stages.
- Skills for life are embedded in curriculum to build confidence and self esteem.
- Investment in staff CPD/training – Mental Health First Aiders, Emotion Coaching.

