



Rationale: At St Thomas' CofE Academy, we recognise that strong mental health is just as important as physical health. Our pupils will be taught self-care techniques including recognising and managing emotions, exercise, relaxation and how to build relationships through a rich and varied curriculum. We teach pupils about how they can help others with their mental health, in have appropriate way and times.

	Children	Parents/ Carers	Staff and Stakeholders
Universal – offering for all (Wave 1)	• Clear and consistent boundaries • Clear behaviour system and policy • Above and Beyond Award • Positive reinforcement and praise • Complement tree • Celebration Worships • Teaching of calming strategies through well planned curriculum. • Jigsaw PSHE scheme of work • Mental Health and wellbeing planned into Worship timetable and yearly overview linking with key themes and curriculum aims. • Pause and Ponder moments planned through the curriculum for stillness opportunities. • Opportunities for team building • Mental health and wellbeing displays • Displays linking to strategies for resilience and growth mindset - linked to PSHE and metacognition. • Adaptations to class layout • Emotions cards • Structured class routines • Clear and well embedded vision and Values - Celebration, Trust, Forgiveness, Fairness and Thankfulness. • Worry 'monsters' in each room • Jigsaw pieces for lessons	• Home/ School communication agreement • Open door policy • Frequent newsletters - signposted support where available • Information on school website. • MHST support for Y6 with managing anxiety and worries in children. • Parent voice captured • Weekly invites into school for Friday worship and coffee morning. • SHINE workshops to come in school and work alongside children. • Designated home/ school link worker. • Clear and timely communication • Clear and well embedded vision and Values - Celebration,	• Opportunities for team building • Mental health and wellbeing displays • Staff meetings on a bi weekly basis • Wellbeing day • Clear and timely communication • Clear and well embedded vision and Values - Celebration, Trust, Forgiveness, Fairness and Thankfulness. • Staff voice • Clear monitoring/ diary overviews termly to help manage workload. • TST confidential wellbeing service. • Dog mentor in school

St Thomas' CofE Academy

Mental Health and Wellbeing Provision Map (2026/2027)



	• 'Paws for thought' cat in library. • Specific behaviour skills taught and embedded • Time spent nurturing good and healthy relationships • Buddy system when required • Music • Frequent pupil voice • Quiet spaces in school • SQUIRT (Silent, Quiet, Uninterrupted Independent Reading Time) session. • Mental Health and wellbeing books available for all • Rights Respecting Schools approach - Silver status • My Voice Matters box and display • Dog Mentor in school	Trust, Forgiveness, Fairness and Thankfulness. • Dog Mentor in school	
Targeted support for small groups (Wave 2)	All the above, plus: • Personalised reward charts with clear targets and expectations • Playground buddy in place • Adult eyes on/ hands off approach • Emotion cards and prompts • Agreed visual symbols when pupils distressed and not coping • Home school communication diary • Visual prompts • Agreed areas for timeout/ break out areas • Arranged times to speak to key adults. • Low key tasks given when increased structure and predictability when needed. • Specific group interventions: • Emotional Literacy • Turn taking • SPRINT • Social Stories • Mentoring • Lego therapy	• Designated home/ school link worker - 1 main and consistent point of contact • Local Mental Health Support Team link - Hannah Turner • School nursing	• External supervision for key roles in school - SEND/Safeguarding/ELSA/ Drawing & Talking support



Mental Health and Wellbeing Provision Map (2026/2027)

	• Drawing and Talking Therapy • Social & Friendship skills • HAVEN • Daily meet and greet Nook - Sensory space • Behaviour workshops • Whole group ELSA sessions (1 off or several group sessions) • Attendance plan/ meetings		
Specialist support 1:1 (Wave 3)	• All the above, plus: • Adult support in unstructured times • Personalised work station or equipment Positive behaviour/ mental health plan • IEP for identified SEMH needs • Specific provision mapping for identified SEMH needs • Potential EAPRD/EHCP for specific SEMH needs • 1:1 ELSA sessions - 6- or 12-week programme • Boxhall Profile • Family support/ TAF/Early Help • Personalised risk assessment, care or support plan. • Outside agency and specialist support: • Young Carers • Dove • Young Minds • Educational Psychologist • SEMH team • CHAMS • Local Mental Health Support Team • School Nurse	• Designated (and out of class) DSL - main and consistent point of contact for the most vulnerable needing specific and targeted support. • Healthy Minds • CHAMS • Social Services (Supportive)	• Personalised risk assessments • OH referral