

Pupil Wellbeing Pathway At Hayfield Cross

At Hayfield Cross Church of England School, we understand that pupils' wellbeing and mental health is paramount to them being happy, healthy and successful learners.

We all know that the recent pandemic has greatly impacted on everyone, including our children.

Because of this, our wellbeing team has noticed a huge increase in referrals to them.

We understand how important it is to support children's mental health, particularly in this recovery period. Parents have identified that they would like more information about how they can support their child at home.

In response to this, we have outlined the support that is available for pupils and families at this time.



What we are doing in school

- We teach wellbeing, social skills, friendship skill, self-identify, value, self-respect, conflict skills, etc. through our comprehensive PSHE curriculum.
- Class Teachers and TAs are trained and have a wealth of experience in recognising children's developmental stages in wellbeing, stepping in when they identify concerns. Staff build strong relationships with pupils to offer appropriate support and have open dialogue with parents.
- Children are provided with 'check-ins' with adults.
- Where staff feel it is appropriate, pupils may be supported through small group interventions, which might focus on low level anxiety, friendship skills or self-confidence.

What can you do to support your child at home?

We have adopted a brilliant information and activity pack from the Lincolnshire NHS Trust which covers the following areas:

- Understanding anxiety
- Worry management
- Understanding anger
- Managing emotions
- Challenging negative thoughts
- Routines- sleep, diet and exercise
- A guide to energy banking
- Tips for being apart
- Managing change
- 'Do and Don'ts'
- Relaxation
- Other places to get support

If you would like access to this, please email the school office.

- Further advice sheets on gaming, setting boundaries, empathy, etc.
- Triple P Online – parent support advice and program: <https://www.triplep-parenting.uk.net/uk/triple-p/>
- Parent Support Drop-ins through Youth Works in Kettering: <https://www.youthworksnorthamptonshire.org.uk/>

Next steps

If the above support has been put in place and established and you are still finding that you have concerns about your child's wellbeing or mental health, we would recommend a referral to the school nurse for further advice.

<https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/health-services/1434-childrens-0-19-services-nhft>