



HOLY TRINITY CATHOLIC VOLUNTARY ACADEMY SUPPORTING YOUR CHILD'S MENTAL HEALTH AND WELL BEING



OUR OFFER

As a Catholic academy we pride ourselves on supporting your 'whole child' and nurturing them to become everything that they were created to be, socially, emotionally, spiritually and morally as well as academically. We believe that if your child is happy, secure and confident along with quality first teaching and strong academic support where needed, they will flourish and be fit for the next stage of their educational journey.

Supporting children's positive social and emotional well being:



Below is a summary of what we offer to all children and then the additional social and emotional support which is available if your child may need it, for whatever reason.

Our Universal Offer to all children:

- All staff are trained in Emotions Coaching with two lead teachers in school
- Emotions boards in all classes to allow children to express their feelings to their teacher during the day in the knowledge that the teacher or TA will spend some time with them during the day
- Midday Staff trained in emotions coaching
- Forest School Sessions for all children throughout the year
- Anti-Bullying Week and Internet safety training and activities annually
- Healthy Week activities annually
- Prayer and Liturgy timetable
- Take 5 Breathing Programme Twice Daily, led by Pupil Ambassadors
- Worry Monsters in each class
- Playground Leaders, Play buddies, Peer Mentors, Respect Rangers



Our Bespoke Offer to meet individual needs:

- Doodle time – art therapy sessions with a Teaching Assistant
- Fun Fit / Alpha Fit
- Pastoral Support time for specific children allocated to one particular Teaching Assistant
- Playground Buddies / Scrap Shed play
- Peer Mentor sessions – time with trained children to support worries
- Two trained ELSAs for individual and group support (Emotional Literacy Support Assistants)

If you think that your child might benefit from any of the additional support that we offer, please do not hesitate to contact Mrs Summers, Mrs Boneham-Hill, our SENCO, Mrs Duckmanton, our Mental Health Lead, Miss Grimwood or Mrs Bunkle, our ELSAs and Pupil Mental Health First Aiders, your child's class teacher or indeed any of our team.

Sometimes, we will already be aware that your child may need additional support, however on other occasions, we may not be aware, so as soon as you are worried do speak to us and we will ensure that your child is on the waiting list for support. We cannot always guarantee that the support can begin immediately, but will be able to plan with you which strategies we think might suit your child best. If what has been planned is not quite right, please feed this back to us straight away so that working in partnership with you, we can re-assess and tailor the support to meet the needs of your child.

Sometimes more support might be needed for your wider family, and this can be sought too. In order to action this, we will complete an Early Help Assessment form with you; or referrals to other external services may be made such as CAMHS, Small Steps, School Nurse team etc. If your child / family requires support from external agencies please arrange to meet with our SENCO/Inclusion Leader Mrs Boneham-Hill who can advise further. Please also refer to our school offer on the Special Educational Needs section of our school website.