

Hasland Infant School Mental Health and Wellbeing provision Plan

Mental health is a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community. (World Mental Health Organisation)

At Hasland Infant school we are committed to supporting the Mental Health and Wellbeing of all our children. Our Mental health and wellbeing provision plan is closely aligned with SEND provision, ensuring a holistic approach to meeting pupils' individual needs

Universal Provision	Targeted Provision	Specialist Provision
○ Building relationships with children and families ○ Holding them in mind – asking them about football / swimming ○ Kindness hearts ○ Brightest gems ○ Home visits for EYFS ○ Open mornings for families ○ Praise in public, reprimand in private ○ Worry monsters ○ Reflective spaces ○ SMILE expectations ○ Circle time ○ Regulation stations ○ Behaviour policy (including child friendly version) ○ PSHE curriculum ○ Consistent routines e.g. lining up song, visual timetable ○ Connection before correction ○ Star of the week ○ Kevin the Kindness bear ○ Friendship Area ○ Playground promise ○ Talk partners ○ Safe spaces ○ Movement breaks ○ Praise and positive reinforcement ○ Social stories ○ Visual timetable ○ Clear and precise language	○ Lego therapy ○ Meet and greet ○ Bucket time ○ Lunch time support ○ Family support worker ○ Magic room time ○ 1:1 time as needed ○ Therapeutic stories ○ Extra support at key transition times (micro transition) ○ Individualised transition plan for some children (macro transition) ○ Warnings for activities ending (spot timers) ○ PSED intervention groups ○ Individual visual timetables ○ Transition toys / objects ○ End and send ○ TA support – near / boomerang ○ Adaptive routine ○ Empathy drawing ○ Now / next board ○ Sensory breaks / movement breaks ○ Social stories ○ Explaining changes to routine ○ Independent ways to regulate e.g. toys / blankets	○ Nurture ○ ELSA ○ Family support worker ○ Staggered start / finish times ○ Educational Psychologist ○ Inclusion Support Advisory Service ○ CAMHS (and CAMHS SCA team) ○ Neurohubs ○ Elm Foundation

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○ Clear and precise language ○ Thinking / processing time ○ Fiddle toys ○ Responsive, playful adults ○ Wow cloud ○ Show and tell ○ Feelings check in on the register ○ Mindfulness ○ Choices ○ Key workers ○ Time to talk ○ Knowing our children		