



Ben Jonson Social Emotional Mental Health offer

Wave 1

Universal support at classroom level

Current provision

- Three stage 'Establishment' and 'Re-establishment' phase with expectations of tasks: charters, letters to self, tribal classrooms
- Ben Jonson Way: brave, kind, curious
- Beginning to understand self-regulation: in class bounce back tables
- Restorative processes for resolving conflict: reflect, repair, reconnect, I-messages, scenario work. X4 trained RJ conference facilitators
- Daily mile
- Integrated PSHE curriculum with 'Learning for peace' and circle work
- Staff CPD programme: understanding attachment, growth mindset, low level behaviour strategies, neurodevelopment
- Targeted groups for teachers: Masterclasses led by Educational Psychologists (EPs)
- 1:1 supervision offer for all staff with EPs

Learning mentor offer

- Whole class SEAL sessions
- Bespoke whole class circle time

Next steps

- Zones of regulation whole school roll out
- Mindfulness training and curriculum embedding
- Ongoing training programme for teachers on wellbeing research and connections to learning:
 - Adverse childhood experiences (ACEs)
- Staff wellbeing strategy
- Calm corners and bounce back tables provision
- Restorative Champions Group
- Restorative Justice training for families

Wave 2

Targeted support

Current provision

- Termly inclusion review meetings
- Lego based therapy intervention
- Emotional regulation intervention
- Speech bubbles intervention
- *Celebration book* with family
- *Time to talk* with teacher
- Individualised in class observations and advice
- Multi-Family Groups with EPs
- Community based parent mental health workshops
- Strengthening Families, Strengthening Communities qualification
- Parent self-referral: CAMHS trailblazer community mental health team

Learning mentor offer

- Whole class SEAL sessions
- Whole class circle time
- Friendship groups
- Talking and drawing therapy

Next steps

- Induction for new staff on accessing targeted support
- Low-sensory play spaces
- Friendship First Aid
- Student counsellors
- Pupil self-referral processes and resources
- Therapeutic writing group
- Robust analysis of impact measures-standardised scoring and recording systems

Wave 3

Specialist support

Current provision

- 1:1 learning mentor input
- Emotional literacy support assistant
- Individual behaviour plans
- Art counselling group
- Individualised speech and language programme
- Highly specialised ASD targeted emotional regulation groups and 1:1 sessions
- Annual Team Teach de-escalation and positive handling training
- Individual de-escalation plans
- X3 Youth Mental Health First Aid trained practitioners

Referrals on

- CAMHS (Child and adolescent mental health service)
- Positive minds (Educational Psychology)
- Early help hub
- Behaviour support team

Next steps

- Internal art counselling offer
- Identifying mentoring services to commission
- Adult Mental Health First Aid training
- Suicidal ideation response plan
- Analysis of alternative curriculum offer
- Development of internal spaces: annexe
- Commissioning in house psychotherapist for direct work