

SUPPORT FOR PUPILS IN SCHOOL

<p>Tier 1: Coping – low level pastoral support and advice needed</p> <p>These concerns can be categorized as short periods of feeling like they are unable to cope. For the most part the young person is thriving but there are incidents which cause distress without causing a longer term of lasting impact on wellbeing.</p>		
<p>What are the concerns?</p> <p>Examples include: Friendships concerns Conflict with parents or siblings Worries about school work Exam anxiety Presenting as unhappy or stressed Presenting as withdrawn or tearful Poor attendance Failure to make progress Seeking frequent adult attention Minor illness Pet death Past history of mental health concerns which needs monitoring Uniform issues/queries</p>	<p>Who can help?</p> <p>Tutors</p>	<p>What will they do?</p> <p>Discuss problems, reassure, and suggest solutions Contact parents to discuss concerns Signpost to wellbeing corner in the LRC, mental health ambassadors and lunch time drop in clubs Signpost to external support for low level concerns and short-term problems as per guidance below Suggest extra-curricular clubs Carry out wellbeing activities in tutor times</p> <p>If needed tutor to complete pastoral referral to access tier 2 support</p>
<p>Tier 2: Getting help – long term pastoral support needed</p> <p>These concerns are categorized as longer term and beginning to impact on the wellbeing and academic progress of the young person</p>		
<p>What are the concerns?</p> <p>Examples include: Longer sustained periods of low mood Long term friendship concerns (over a term or more without resolution) Significant anxiety in class or surrounding a specific element of school/home despite support from tutor Divorce of parents</p>	<p>Who can help?</p> <p>Guidance Manager</p>	<p>What will they do?</p> <p>Inform teachers of issue Carry out 1-2-1 session with pupil and create support plan to be shared with home and staff in school (and log on CPOMs – our recording system) Share workbooks with young person to use at home Signpost to other external support available</p>

Bereavement of extended family member		
<p>Tier 3: Getting more help – targeted support needed A sustained concern which is affecting the wellbeing and possibly academic progress of the young person. They are facing challenges on a regular, if not daily basis.</p>		
<p>What are the concerns?</p> <p>Examples include: Persistent low mood or anxiety Attachment difficulties Bereavement of close family member History of abuse Self-Harm Suspected eating Disorders Risk taking behaviors Emerging personality disorders</p>	<p>Who can help?</p> <p>Guidance managers alongside 1-2-1 intervention team and external agencies</p>	<p>What will they do?</p> <p>Inform teachers Meet with young person and complete support plan and share with home (and log on CPOMs – our recording system)</p> <p>Complete referrals for interventions in school such as:</p> <p>Group interventions: Lego therapy Nurture group Anxiety group Mindfulness Zones of Regulation</p> <p>1-2-1 interventions: ELSA FIEPs Anger management Anxiety management</p> <p>The interventions above are scored at the start and end points to monitor effectiveness. Records of sessions are kept and stored on CPOMs but remain confidential (unless safeguarding concerns are raised).</p> <p>Should a pupil not show improvement further referral to external agencies will be made</p> <p>External agency referrals: EYC CWP School Nursing team</p> <p>Should these agencies be unable to offer support then a referral will be made to Hampshire CAMHs</p>

Tier 4: Getting risk support – immediate high-level support needed Serious and possibly life-threatening incidents with require professional intervention outside of school		
What are the concerns? Examples include: Imminent risk to life Suicidal ideation or attempts Sustained self-harm School refusal as a result of persistent low mood, or anxiety Diagnosed anxiety disorder or depression Disclosure of incident of witnessed domestic abuse Disclosure of direct abuse	Who can help? DSL/Safeguarding Team	What will they do? If risk becomes apparent in school young person will be supported by GM or DSL, safeguarding policy followed and home informed Contact with Children’s Services and Health services as appropriate Tier 4 support plan produced Risk assessment produced CAMHs referral made and tier 3 support put in place Reduced timetable in place if appropriate