

Mental Health Provision offer at Lincoln Carlton Academy

Our universal offer for all children

Whole school curriculum

- PSHE curriculum, including themes linked to mental health and wellbeing
- Stories
- Cross-curricular links
- Mental health weeks

In classroom provision

- Personalised 5 point scales for each child
- Mindfulness activities daily
- Opportunities to build trusted relationships with adults (5 people I would talk to for each child)
- Visual timetable
- Build confidence through increased responsibility
- Personal safe spaces
- Whisper boxes
- Trauma informed practice

Wider school provision

- SLT meet and greet at beginning and end of day
- Meet and greet at classroom doors at the beginning of the day
- Regular parent and carer workshops offered
- Pastoral referral forms
- Pupil wellbeing champions

Targeted support within class

In house intervention

Specialist services

- Active teaching of 5 point scale
- Scaling check ins
- Communication with parents/carers
- Brain breaks
- Time to talk with trusted adult
- Visual timetable- specific for the child (now next then)
- Sensory provisions e.g. weighted blanket/ear defenders
- Sensory circuit /pathways
- Social stories
- Use and teaching of a safe space
- Restorative justice
- Transition discussions at transition points e.g. end of the year.
- Explicit teaching of emotional regulation techniques
- Staggered starts to the day
- Reduced timetable
- Lunchtime clubs
- Individual plan for anxiety triggers
- Alternative break or lunchtime activities
- Safety planning work
- Voice of child work
- Bereavement counselling
- SDQ/Boxall
- Wellbeing team
- NSPCC- Pantosaurus work
- EBSA pathway
- Mental Health Support Team
- Healthy Minds
- CAHMs
- Signposting for parents/carers from pastoral care team
- Working together team
- Family support
- Early Help Assessment
- Behaviour specialist
- Educational Psychologist
- Children and young person nurses
- 'Here for you' helpline
- Gloji Health -One Lincolnshire