

# Mental Health and Well-being. Stoke Hill Federation in partnership with HeadsUp

Support can be offered in the following ways;

- Assemblies
- Class sessions
- Group sessions
- 1:1 sessions.

Ensure sustainability by training pupils to become mental health ambassadors.

Review impact / summary of pupil progress/ engagement.

Raise the profile of Mental Health across the Federation. Let's get talking about our mental health and well-being as freely as we talk about our physical health.

World Mental health day- HeadsUp whole school assembly to launch our commitment to developing understanding and begin to break down the stigma that surrounds mental health issues.

Autumn. Children's Mental Health week, assembly. Spring 2023

*In the last three years, the likelihood of young people having a mental health problem has increased by 50% Now, five children in a classroom of 30 are likely to have mental health problems.*

*Mental Health of Children and Young People in England, 2020: NHS digital*

Establish partnership with Mental Health support groups such as HeadsUp. (Early intervention service working with young people)

Identify their core offer, time and quality of support. (Effective prevention and early intervention work)

HeadsUP is an enrichment of our universal offer of PSHE via the Jigsaw programme.

Seek parent /carer permission and share information as to why their child may benefit from working with the HeadsUp team.

Assistant Head to complete referral forms.

Devise a timetable to ensure all those identified receive support. (Be alert to SEND/PPG pupils)

Identify need

Assistant Head and Family support worker to take feed-back from class teachers, outside agencies, CPOMs and parent/carers to establish a register of those children that would benefit the most from HeadsUP support.

