



Kilburn Infant and Nursery School pathway to Mental Health and Wellbeing support
2025/26

<p>Wave 1 Whole school/universal offer</p>	<ul style="list-style-type: none"> • School rules and values • Relationships policy based on restorative approaches and active listening • PSHE curriculum • Zones of Regulation • Emotional Literacy • Calm areas/resources • Active breaks • Outdoor learning • Forest School (Nursery) • SMILERS approach • Extensive book collection to support mental health and wellbeing • Promote healthy lifestyles through diet and exercise • Sports coach • Mental Health Lead • Class wellbeing text each half term • Whole school engagement in all mental health days/weeks/events
<p>To move into Wave 2, children may have further assessments/observations carried out</p>	

Wave 2 - School level support (targeted and structured) or additional support

<u>Pastoral support</u>	<u>Zones group</u>	<u>SEND/CO</u>	<u>Mental health Lead</u>
1:1 check ins Meet and greet Daily de-brief Self esteem support Sensory breaks Talk time Lunchtime support	Feelings work Small group or 1:1 6 week block <u>Anxiety Gremlin</u> 1:1	Staff CPD Signposting Pupil progress One page profile SEN plans Links with external agencies	Support staff and/or work 1:1 with children to support emotional skills e.g. bereavement, anger management, friendships etc
<p>If further provision is needed, then support from an external service is sought.</p>			

Wave 3 - Targeted, external support

<ul style="list-style-type: none"> • In School support - staff training, targeted, intensive support (supported by external agency) • Mental Health Lead - signpost to support for parents/carers • Early Help • Educational Psychologist, Derbyshire Inclusion Support Advisory Service • Compass: changing lives referral, signposting to Bridge the Gap support services • Referral to CAMHS/SPOA
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