



Mental Health & Wellbeing Provision Map for Pupils



Carbeile Junior School

Indicators that a child may need some additional help:

- ✓ Changes in behaviour or attendance
- ✓ Life events such as bereavement or family separation
- ✓ Social, emotional, or mental health difficulties
- ✓ Safeguarding concerns

Level 3: High Level Need

Some children may need specialist mental health support, and we will help families access this and work with external agencies to support the child in school.

Level 2: Medium Level Need

If your child needs extra wellbeing support, we'll work with you to provide tailored interventions, led by specialist staff and reviewed regularly through a Provision Plan.

Level 1: Whole School Provision & Low-Level Need

At Carbeile Junior School, mental health is supported through a whole-school approach that integrates RSHE lessons, mindfulness activities, calm spaces, and early intervention strategies, ensuring every child has access to emotional support and tailored care when needed.

Outlined below is an overview of our mental health and wellbeing provision within the school. While Social, Emotional and Mental Health (SEMH) remains our primary area of focus, we have addressed all four areas of need. This is in recognition of the fact that a pupil's mental health can be influenced by their ability to communicate and interact, their cognitive and learning development, as well as their sensory and physical needs within the school environment.

Level 1: Whole School Provision & Low-Level Need

- At Carbeile Junior School, the foundation of our mental health support begins with our whole school provision.
- Mental health education is an integral part of our Relationships, Social, and Health Education (RSHE) curriculum through the Jigsaw approach which is delivered to all pupils as part of our commitment to early prevention and support. Children learn about emotions, wellbeing, relationships, and how to care for their mental health.
- Beyond the classroom, our school culture actively promotes positive mental health. We offer calm, supportive spaces like our Cosy Club and Knowledge Box, which are open during lunchtimes to provide an alternative space to our playgrounds. A trusted member of staff is always available, offering a listening ear and a reassuring presence.
- We also have dedicated Mental Health Days, which are special events designed to promote and celebrate positive mental health across the whole school community. These days are important because they raise awareness, reduce stigma around mental health issues, and give pupils the opportunity to learn practical strategies for looking after their wellbeing.
- Any pupil showing low level wellbeing needs are monitored at this level with appropriate members of staff informed including our thrive team. We may use The Boxall Profile to help us identify what types of support we could offer.
- If we believe that your child may benefit from personalised or targeted support to address their mental health or emotional wellbeing needs, we will always consult with you beforehand. This ensures a collaborative approach, where parents and carers are fully informed, involved in decision-making, and able to contribute valuable insight into the most appropriate and effective support strategies for their child.

Level 1: Whole School Provision & Low-Level Need

<u>Communication and Interaction</u>	<u>Cognition and Learning</u>	<u>Sensory and/or Physical</u>	<u>Social, Mental and Emotional Health</u>
<ul style="list-style-type: none"> ○ Flexible teaching arrangements ○ Structured school and classroom routines ○ Warning of change ○ Differentiated curriculum delivery e.g. simplified language ○ Increased visual aids/modelling etc. ○ Visual timetables ○ Use of visual symbols ○ Key vocabulary made clear on Notebook slides. ○ Repetition/clarification of instructions ○ Opportunities to work with younger/older pupils ○ Assemblies with appropriate signs and visual aids used. ○ Role play situations/Drama ○ 'Show and tell' / speaking opportunities 	<ul style="list-style-type: none"> ○ Differentiated tasks ○ Differentiated delivery e.g. simplified language, slower lesson pace, supportive sheets ○ Repetition/clarification of instructions ○ Total recall slides to support with recall of learning ○ Differentiated output or outcome e.g. use of ICT, fewer sentences ○ Increased visual aids/modelling. ○ Visual timetables ○ Alphabet, word and number charts, mats, banks etc. ○ Use of puzzles and games ○ Illustrated dictionaries ○ Use of writing frames ○ Ensuring appropriate reading material available including ○ Weekly spelling lists (phonics) ○ Structured phonics approach – Little Wandle ○ Pastel backgrounds on Interactive Whiteboards ○ Pastel coloured paper ○ Individual white boards 	<ul style="list-style-type: none"> ○ Flexible seating arrangements ○ Handwriting/fine motor control programme ○ Specialist resources – pencil grips, triangular pencils, variety of types of scissors ○ Multi-sensory equipment ○ Tools and materials e.g. brushes/pencils, collage ○ Range of equipment & opportunities for balancing, exploring etc. ○ Brain gym exercises ○ Provision of left-handed equipment ○ Written signs for class labels in classes ○ Regular brain breaks ○ Seating arrangements (r-handed, l-handed etc) ○ Pastel coloured paper ○ Health and safety risk assessments for educational visits 	<ul style="list-style-type: none"> ○ Whole school behaviour policy ○ Positive behaviour strategies and reward systems ○ Consistent and progressive sanction system for when rules broken ○ School Council ○ Teaching listening through circle time games ○ Use of puzzles and games ○ Involvement in after school clubs ○ Individual job and responsibility ○ Support of lunchtime supervisors at lunchtime ○ Jigsaw RSHE curriculum weekly focus on social, emotional aspects of learning ○ Playground friends and buddies available ○ Visual timetables ○ Use of symbols ○ Use of first-hand experiences to stimulate learning ○ Regular brain breaks ○ Forest school activities

Level 2: Medium Level Need

- If your child requires additional support for their mental health and wellbeing, we will arrange a meeting with you to discuss appropriate support options and next steps.
- Extra support may be delivered through regular, evidence-based interventions and sessions led by our pastoral team.
- Mrs Hughes and Mrs Head, our two trained ELSA (Emotional Literacy Support Assistant) practitioners, deliver 1:1 or paired sessions focused on exploring and managing a processing and developing emotional literacy.
- Mrs Church, our Autism Champion, leads social skills interventions designed to help children develop positive interactions and relationships with others.
- Mrs Birch-Roberts, our Speech and Language Therapist, provides support for pupils with speech development needs or challenges in understanding and using language.
- Mrs Newbury leads our Ninja Kids programme, which supports children with sensory and physical development through targeted activities.
- At this stage, we may also seek additional advice from relevant external agencies to help us tailor support more effectively.
- Provision Plans may be created to document the support in place and outline specific termly targets, which are reviewed regularly to monitor progress and adapt interventions as needed.

Our Pastoral Team...



Mrs Hughes



Mrs Head



Mrs Birch-Roberts



Mrs Church



Mrs Newbury

Level 2: Medium Level Need

<u>Communication and Interaction</u>	<u>Cognition and Learning</u>	<u>Sensory and/or Physical</u>	<u>Social, Mental and Emotional Health</u>
<ul style="list-style-type: none"> ○ Individual Provision Plans ○ Speech and Language support groups ○ Support from autism champion through LEGO / Jigsaw interventions ○ Individual visual timetables / schedule where appropriate ○ Visual Supports e.g. Now/Next boards; Choice Boards. Task Board ○ Social stories ○ Involvement from Educational Psychologist 	<ul style="list-style-type: none"> ○ Individual Provision Plans ○ In-class TA support for English ○ In-class TA support for maths ○ Visual/auditory perception group activities ○ Specific differentiation of resources ○ Multi-sensory letter work & spelling programmes ○ Task Board ○ Group use of ICT programmes ○ Nurture Class for children working well below age-group expectations ○ Support for reading comprehension, through phonics groups ○ Precision Teaching where required ○ Different coloured paper/highlighters where required ○ Involvement from Educational Psychologist 	<ul style="list-style-type: none"> ○ Individual Provision Plans ○ Fine Motor skills programme through Ninja Kids intervention ○ Gross Motor skills programme through Ninja Kids intervention ○ Sports events – additional preparation ○ Handwriting scheme as appropriate ○ Sensory aids e.g. fiddles; weighted blankets; chewies ○ Involvement from Educational Psychologist 	<ul style="list-style-type: none"> ○ Individual Provision Plans ○ Alternative lunch-time provision as required ○ Thrive/TIS approach interventions ○ Socially Speaking intervention ○ Circle of Friends ○ Intervention from the Mental Health Support Team through 1:1 or group sessions ○ Play Therapy ○ Music Therapy ○ Involvement from Educational Psychologist

Level 3: High Level Need

- Occasionally, some children may require support from specialist mental health professionals, in addition to the help provided through our Level 1 and Level 2 support.
- We can assist families in accessing this external support and will work collaboratively with these agencies to provide the most effective support possible within school. Examples of external agencies include the Mental Health Support Team (MHST), Child and Adolescent Mental Health Services (CAMHS) and other education-based support services provided by Cornwall Council.

Level 3: High Level Need

<u>Communication and Interaction</u>	<u>Cognition and Learning</u>	<u>Sensory and/or Physical</u>	<u>Social, Mental and Emotional Health</u>
<ul style="list-style-type: none"> ○ Individual Provision Plan and EHCP ○ Individual Speech therapy Care Plans. ○ Intervention delivered by Speech therapist or specialist TA ○ Individual ICT programmes ○ Individual workstations ○ Outside agency advice ○ Individual risk assessments and personalised medical/care plans ○ Augmented Communication aids ○ Sensory Diet ○ Access to Sensory Room ○ Calm Place ○ Increased Adult Support ○ Additional planning and arrangements for transition ○ Home/School book if appropriate 	<ul style="list-style-type: none"> ○ Individual Provision Plan and EHCP ○ Pre-teaching of class learning ○ Reinforcement practice of class learning ○ Use of individual ICT programmes targeting learning ○ One to one support for English and maths where required ○ Toe by Toe ○ List of current and future topic words ○ TA support with Provision Plan outcomes ○ Individual arrangements for SATs ○ Additional planning and arrangements for transition ○ Outside agency advice ○ Dyslexia packs/resources if required ○ Tinted overlays/rulers ○ Task Board ○ Individual sensory aids e.g. fiddles; weighted clothing; chewies 	<ul style="list-style-type: none"> ○ Individual Provision Plan and EHCP ○ Provision of specialist equipment – ICT, sloping board, grips, sticky mats, special cushion etc ○ Individual handwriting/fine motor skills work ○ TA support/monitoring at lunchtimes ○ Personalised sensory aids e.g. fiddles; weighted clothing; chewies ○ Individual planning and arrangements for transition ○ Outside agency advice ○ Individual risk assessment ○ Individual intimate care plan ○ Individual Accessibility Plan ○ Access to enlarged resources ○ Awareness of fatigue ○ Scribe provided if necessary ○ Physio exercises if required ○ Classroom access ○ Chewy toys ○ Ear defenders ○ Stress toys ○ Other sensory aids (e.g. weighted blanket) ○ TA support in PE/dance/games 	<ul style="list-style-type: none"> ○ Individual Provision Plan and EHCP ○ Support from outside agencies, e.g. Mental Health Support Team, CAMHS, EPS or any other educational based teams provided by Cornwall Council. ○ TA support – communication of feelings ○ TA support individual debriefing/pre-empting ○ Individual Behaviour Plan ○ Playtime monitoring ○ Anger Management ○ Counselling from outside agency ○ Input from behaviour support team ○ Individual seating or workstation for aiding concentration ○ Home school liaison book ○ weekly feedback to parents face-to-face ○ Time out system and space ○ Additional transition arrangements ○ Individual risk assessments ○ Planned used of physical positive handling (Team Teach) ○ CAMHS involvement and referral ○ Penhaligon's Friends/ Geremiah's Journey (bereavement)

Local Services for Support

Cornwall

- **Child and Adolescent Mental Health Services (CAMHS) – Cornwall Partnership NHS Foundation Trust**

Provides specialist mental health assessment and treatment for children and young people up to 18 years old.

- **Phone:** 01209 881600
- **Email:** [CAMHS Access Team](#)
- **Website:** [cornwallft.nhs.uk/camhsLivewell Southwest+7Cornwall NHS Trust+7Cornwall NHS Trust+7](#)

- **Early Help Hub – Cornwall Council**

The 'front door' to Early Help services led by Cornwall Council and Cornwall Foundation Trust, supporting families in accessing appropriate services.

- **Phone:** 01872 324605
- **Email:** earlyhelphub@cornwall.gov.uk
- **Website:** [cornwall.gov.uk/early-helpReferral Management Service+4schools.cornwall.gov.uk+4Cornwall Council+4Cornwall Council](#)

- **Mental Health Support Team (MHST) – Cornwall**

Offers early intervention for mild to moderate mental health issues, working closely with primary schools to promote wellbeing.

- **Website:** [cornwallft.nhs.uk/childrens-mental-health-support-team](#)

- **Kooth**

An online platform providing free, safe, and anonymous support for young people.

- **Website:** [kooth.comHeadstart Kernow](#)

- **Start Now Cornwall**

Offers multimedia emotional and mental health support and interactive resources for children and young people.

- **Website:** [startnowcornwall.org.ukDevon Safeguarding Children Partnership+36StartNow Cornwall+36Referral Management Service+36](#)

- **Mind Your Way**

Provides information and resources to help young people in Cornwall understand and manage their mental health.

- **Website:** [mindyourway.co.uk](#)

- **HeadStart Kernow**

Aims to build resilience and mental wellbeing for children and young people through various programs and resources.

- **Website:** headstartkernow.org.uk Headstart Kernow
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Devon

- **Children and Family Health Devon (CFHD) – CAMHS**

Provides mental health services for children and young people, including 24/7 crisis support.

- **Phone:** 0330 0245 321
- **Email:** cfhd.devonspa@nhs.net
- **Website:** childrenandfamilyhealthdevon.nhs.uk Devon Safeguarding Children Partnership+5Children and Family Health Devon+5Children and Family Health Devon+5Devon County Council+4Children and Family Health Devon+4South & West+4

- **Mental Health Support Teams (MHST) – Devon**

Delivers early intervention services in schools for children experiencing mild to moderate mental health difficulties.

- **Phone:** 0330 0245 321
- **Email:** cfhd.devonspa@nhs.net
- **Website:** childrenandfamilyhealthdevon.nhs.uk/our-pathways/mental-health-support-team

- **Livewell Southwest CAMHS (Plymouth)**

Offers mental health services for children and adolescents in the Plymouth area.

- **Phone:** 01752 435125
- **Email:** livewell.communitycamhs@nhs.net
- **Website:** livewellsouthwest.co.ukdpt.nhs.uk +17Livewell Southwest+17Plymouth Online Directory+17Plymouth Online Directory+2Plymouth Online Directory+2Livewell Southwest+2Livewell Southwest+3Livewell Southwest+3Livewell Southwest+3

- **Devon Safeguarding Children Partnership**

Provides resources and guidance on emotional and mental health for children and young people.

- **Phone:** 0345 155 1071
- **Email:** customer@devon.gov.uk
- **Website:** devonscp.org.uk Devon Safeguarding Children Partnership+4Devon Safeguarding Children Partnership+4MyHealth Devon+4GovDelivery+2Devon Safeguarding Children Partnership+2MyHealth Devon+2

- **MyHealth Devon**

Offers information and support for children and young people with neurodiversity and mental health needs.

- **Website:** myhealth-devon.nhs.uk

- **Place2Be**

Provides school-based mental health support, helping children and young people achieve their potential academically, socially, and emotionally.

- **Website:** place2be.org.uk
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National Services for Support

- **Childline**

- **Description:** A free, confidential service for children and young people under 19 to talk about any issue.
- **Phone:** 0800 1111
- **Website:** [childline.org.ukMind+9Cornwall Council+9Childline+9NSPCC+2Childline+2Wikipedia+2](https://childline.org.ukMind+9Cornwall+Council+9Childline+9NSPCC+2Childline+2Wikipedia+2)

- **NSPCC Helpline**

- **Description:** Provides support and advice for adults concerned about a child's safety or wellbeing.
- **Phone:** 0808 800 5000
- **Email:** help@nspcc.org.uk
- **Website:** [nspcc.org.ukNRPF Networknhs.uk+2NSPCC+2NSPCC+2NRPF Network+4nhs.uk+4NSPCC+4](https://nspcc.org.ukNRPF+Networknhs.uk+2NSPCC+2NSPCC+2NRPF+Network+4nhs.uk+4NSPCC+4)

- **YoungMinds**

- **Description:** Offers information and support for young people and parents regarding mental health.
- **Parents Helpline:** 0808 802 5544 (Monday–Friday, 9:30am–4:00pm)
- **Website:** youngminds.org.uk

- **The Mix**

- **Description:** Provides support for under 25s on various issues, including mental health.
- **Phone:** 0808 808 4994 (4pm–11pm daily)
- **Email:** help@themix.org.uk

- **Website:** themix.org.uk[The Times](#)+3[NRPF Network](#)+3[Childline](#)+3[blackcountrychildrens.nhs.uk](#)+7[Mind](#)+7[Wikipedia](#)+7[nhs.uk](#)+2[Wikipedia](#)+2[NRPF Network](#)+2
- **Shout**
 - **Description:** A free, confidential 24/7 text messaging support service for anyone in crisis.
 - **Text:** Text 'SHOUT' to 85258
 - **Website:** giveusashout.org[Mind](#)+6[Cornwall Council](#)+6[NRPF Network](#)+6[Mind](#)
- **Papyrus HOPELINEUK**
 - **Description:** Provides confidential support and advice to young people struggling with thoughts of suicide.
 - **Phone:** 0800 068 4141
 - **Text:** 07860 039967
 - **Email:** pat@papyrus-uk.org
 - **Website:** papyrus-uk.org[Wikipedia](#)+2[Cornwall Council](#)+2[Wikipedia](#)+2
- **Samaritans**
 - **Description:** Offers 24/7 emotional support to anyone in distress.
 - **Phone:** 116 123
 - **Email:** jo@samaritans.org
 - **Website:** samaritans.org[Childline](#)+5[wacalliance.co.uk](#)+5[Mental Health Foundation](#)+5[Wikipedia](#)+2[Mental Health Foundation](#)+2[Cornwall Council](#)+2[Mind](#)+3[Cornwall Council](#)+3[Wikipedia](#)+3
- **Campaign Against Living Miserably (CALM)**
 - **Description:** Supports individuals who are feeling down or in crisis, particularly focusing on suicide prevention.
 - **Phone:** 0800 58 58 58 (5pm–midnight daily)
 - **Website:** thecalmzone.net[Mind](#)+1[blackcountrychildrens.nhs.uk](#)+1[blackcountrychildrens.nhs.uk](#)+1[Mind](#)+1
- **NHS 111 Mental Health Support**
 - **Description:** Provides 24/7 mental health crisis support through the NHS 111 phone line.
 - **Phone:** Dial 111 and select the mental health option
 - **Website:** nhs.uk[The Guardian](#)+1[The Times](#)+1[The Times](#)
- **Anna Freud Centre**
 - **Description:** Offers resources and support for children, young people, and families to manage mental health challenges.
 - **Website:** annafreud.org