



## Universal

- Whole school values and assemblies
- Positive whole school behaviour system
- Anti-bullying policies
- Curriculum offer (Jigsaw) to teach explicit skills, including: self-awareness, self-regulation, social awareness, relationship skills, decision and problem solving
- Personal development curriculum linked to KCSIE and British Values (Jigsaw and Curriculum Promise)
- Enriching cultural capital offer (clubs, trips, experiences)
- Consistent routines and structure (warnings for pre-planned changes)
- Learning is appropriately pitched and supported
- Restorative practise
- Recognition boards
- Emotion coaching from all adults
- Training for staff around Adverse Childhood Experiences (ACES)
- Solution focused approaches – staff understand students' strengths
- Trusted adult – key person within school
- Collecting and acting on student voice e.g. three houses
- Active listening and a relational approach
- Student leadership (e.g. peer mentors / mediators, wellbeing champions)
- Assigned job roles
- Universal language around emotions (e.g. Zones of Regulation)
- Classroom environment audits
- Regulation areas (sensory rooms, calm boxes)
- Dual coded communication tools
- Access to Forest School
- Opportunities for play
- Meet and greet/End of day SLT available on gates
- Movement / learning breaks / sensory circuits
- Attachment / transition objects

# Social, Emotional, Mental Health (SEMH)

## Targeted

- Check ins with a trusted adult
- Mindfulness intervention – e.g. yoga, colouring
- Nurture groups
- Social skills groups
- Positive affirmation skills building
- Regulation tools (e.g. wobble cushions, fidget toys)
- Specific break and lunch clubs
- Play Mentors/Leaders
- Adjusted seating arrangements
- Soft start to the day / transition support / SODA (Start of day activities)
- Social stories
- Home school communication book
- Individual 'Zone of regulation' boards
- Individual support plans (Positive Learning Tracker)
- Communication between stakeholders (home, outside agencies)
- Signpost to self-referral services such as [Birmingham Healthy Minds](#)
- Free mental health services such as [Living Well Consortium UK](#)
- Childline on 08001111
- Beacon 360 School Support

## Specialist

- Risk assessments
- 1:1 mentoring
- Bereavement support
- Highly targeted work with students
- Support from external agencies (e.g. EP, COBBS, Compass)
- Referral to [CAMHS](#)
- Cognitive Behavioural Therapy (CBT)
- Forward thinking Birmingham Referral ([FTB](#))
- [NHS](#) support referral
- Early Help Assessment
- Support and signposting for parents





## Screening tools

- [Anxiety Audit Tool](#)
- [Separation Anxiety](#)
- [Panic Disorder](#)
- [Obsessive Compulsive Disorder](#)
- [Low Mood](#)
- [ADHD screening checklist](#)
- [Emotionally Based School Avoidance \(EBSA\) screening](#)
- [Emotional Literacy Checklists](#)

## Tracking and Monitoring



- Attendance patterns
- Behavioural Logs – classroom and unstructured times
- ABC tracking and follow up support following identified barriers
- Safeguarding logs
- Whole school wellbeing questionnaire
- Attainment data
- Engagement in extra-curricular events
- [3 Houses](#)
- Observations
- Case studies
- Target tracking
- Entry and exit data for interventions