



# Filey School

## Social, Emotional & Mental Health (SEMH) Provision Map

### Wave 1 – Universal Provision

*The needs of most students can be met using these strategies. Effective use of Wave 1 strategies can help prevent the requirement for intervention for most students.*

- ✓ Life Curriculum includes mental health and wellbeing, educating students on how to look after their own mental health and wellbeing and signposting them to support when needed.
- ✓ Assemblies, form time and scenario-based learning further reinforce messages about mental health, wellbeing, and safeguarding.
- ✓ Pastoral team welcoming and accessible to students and parents.
- ✓ Zero tolerance approach to bullying.
- ✓ SEMH Teaching Strategies from the SEND Register for Quality First Teaching
- ✓ Support, advice, and restorative sessions for those experiencing friendship difficulties.
- ✓ Building secure relationships with school staff, combined with clear and consistent boundaries.
- ✓ Planned transition programme and activities for Y6 students to reduce anxiety and build confidence.
- ✓ Collaborative working with parents and frequent communication.
- ✓ Support around sexuality, identity, and gender identity.
- ✓ Induction and support for new starters joining from other secondary schools.
- ✓ Signposting students and parents to mental health support websites and services (Young Minds,
- ✓ Staff entries on CPOMS so that concerns can be addressed in a timely fashion.
- ✓ Engaging external providers, eg Zak Hull and The Mercians promote positive mental health.
- ✓ PE lessons provide opportunities for regular exercise to promote wellbeing.
- ✓ Promotion of our school values, building confidence, self-esteem, kindness and empathy through leadership and respect.
- ✓ Positive behaviour management strategies used across school both in lessons and social time.
- ✓ Clear routines and expectations linked to our Behaviour Policy.
- ✓ Pupil voice opportunities through the Student Leadership Group.
- ✓ Improved rewards system promotes confidence, self-esteem and creates a sense of belonging.
- ✓ Half-termly 'Celebration Assemblies' and Friday lunchtime celebrations in the hall.
- ✓ New quiet rooms available during lunchtime.
- ✓ After school clubs available to all students.

### Wave 2 – School-based interventions

### *Targeted approaches to support students who struggle to manage their anxiety and social skills*

- ✓ Access to Learning Base at social time for students struggling with social relationships.
- ✓ Regular emotional check-ins and mentoring from Heads of Year and form tutors.
- ✓ 'Time Out' passes and other reasonable adjustments to support students in managing their anxiety.
- ✓ SEND 'Meet & Greet' for students and parents.
- ✓ Access Arrangements for exams including rest breaks, extra time, rooming etc.
- ✓ Early Help Assessments regularly reviewed.
- ✓ Individualised pastoral interventions bespoke to students' specific needs.
- ✓ 'Anxiety Gremlins', 'Anger Gremlins' and 'Zones of Regulation' intervention from SEND team.
- ✓ Phased returns to school and / or part-time timetables.
- ✓ Lessons in the Learning Base or a 'hybrid' model of LB and classroom, depending on student need.
- ✓ Young Carers support provided in school by [www.carersplus.net](http://www.carersplus.net).
- ✓ 'Change Direction' mentor support provided by [www.nyy.org.uk](http://www.nyy.org.uk)
- ✓ Sidewalk Youth Project mentor support provided by [www.sidewalk-scarborough.com](http://www.sidewalk-scarborough.com)
- ✓ From Summer Term 2, staff training and student support from Wellbeing in Mind, a North Yorkshire NHS service.

### **Wave 3 – Personalised Support**

*Referrals for high level mental health concerns in the event of serious incidents and concerns which require professional intervention outside of school. Examples include suicidal ideation, disclosure of domestic abuse, school refusal due to emotional dysregulation and bereavement.*

- ✓ CAMHS referral / CAMHS Crisis Team
- ✓ Social Care referral to NYCC or ERYC ([www.safeguardingchildren.co.uk](http://www.safeguardingchildren.co.uk) / [www.erscp.co.uk](http://www.erscp.co.uk))
- ✓ Consultation with school-assigned Early Help Consultant and Submission of Early Help Assessment for allocation of a Children & Families Support Worker from the Early Help Team.
- ✓ Alternative Provision – Filey School Access to Learning Centre (ALC), S'boro PRS, Coast Tuition, Welburn Hall
- ✓ Compass Phoenix for children and young people aged 9-19 with mild to moderate mental health difficulties ([www.compass-uk.org](http://www.compass-uk.org))
- ✓ SEND Hub SEMH referral.
- ✓ IDAS referral – a specialist charity in the North supporting adults and young people affected by domestic abuse and sexual violence ([www.idas.org.uk](http://www.idas.org.uk))
- ✓ The Hull & East Yorkshire Community Counselling Service – specialises in counselling victims of domestic abuse, violence, and trauma ([www.communitycounsellingservice.co.uk](http://www.communitycounsellingservice.co.uk))
- ✓ NY Rise – a North Yorkshire-based drug and alcohol support service for young people
- ✓ Emotional Health & Resilience Team – referrals for children and young people in North Yorkshire aged 6-19 for low mood, anger, anxiety, self-esteem, building resilience, managing emotions ([www.hdft.nhs.uk](http://www.hdft.nhs.uk))
- ✓ Mental Health & Emotional Wellbeing Service – an East Riding secondary-school based early intervention service designed to be accessed by children and young people experiencing mild to moderate low-mood and / or anxiety. ([www.erscp.co.uk/more/mental-health-and-emotional-wellbeing-service](http://www.erscp.co.uk/more/mental-health-and-emotional-wellbeing-service))
- ✓ Winston's Wish – a charity offering online and face-to-face support for young people suffering from bereavement ([www.winstonswish.org](http://www.winstonswish.org))
- ✓ Cruse Bereavement Support ([www.cruse.org.uk/get-support](http://www.cruse.org.uk/get-support))