



Early Help Provision at Alvechurch C of E Middle School



Universal level

Whole school pastoral support – good practice.

Whole school assemblies:

- E-Safety
- Mental Health Awareness
- Anti-Bullying
- Self Esteem and Body Image

Well-Being Curriculum:

- Resilient Classroom
- Mindfulness
- Online Safety
- Relationship Education

Additional Key Adult identified for 1:1 support.

Mental Health Pupil Workshops:

- Anxiety
- Self Esteem & Confidence
- Depression

Mindfulness Craft Club

Specialist level

All staff trained in Mental Health First Aid

1:1 pupil support with School's Mental Health Lead.

Bereavement Counselling with Trained school staff

Mental Health Newsletters

Well Being and Safeguarding signposting on school website.

Targeted level

Access to the Cloud.

Targeted nurture groups

Structured lunchtime activities.

PPG Support

Breakfast Club, Homework Club

Financial support: uniform, trips, access to extra-curricular activities.

Dedicated PP Mentor

Parent/carer drop ins

JASS Programme

Targeted interventions for pp pupils

Mental Health Parent Workshops.

Parent drop ins with School Mental Health Lead: Sarah Plumb

THRIVE Programme

Signposting external support agencies

External Professionals

Mentor Link

Counselling

Outside speakers/facilitators (e.g NSPCC, Police, kooth.com)

WCC Family Support Workers

Parent/carer drop ins

1:1 Parent /Family support. Home visits.

Mood Matters course

Triple P Parenting Course

1:1 Pupil support in school:

- Feelings
- Anger
- Anxiety
- Changes in family life; separation etc
- Personal hygiene

Parental workshops:

- Sleep and anxiety
- SEND support group (half-termly)
- Sleep and online safety