



Children's Mental Health and
Wellbeing
Provision Map
September 2023

What does Positive Mental Health and Wellbeing look like at Abbey Village Primary School?

At Abbey Village Primary School, the positive mental health and wellbeing of all our school family is paramount. This document outlines the key steps taken to ensure that this is prioritised within our school. This document is reviewed regularly and updated in line with new initiatives and resources. Please note that this list is not exhaustive.



Who?	What?	When?	Why?
Wave One- Universal Support			
Children	PSHE – Jigsaw/SCARF	Weekly – minimum	To educate our pupils about having a healthy mind and body
Children	YOGI Wellbeing Day	Annual	To have an expert in to share how to be mindful and teach us yoga
Children	YOGA Bugs – cross curriculum yoga and mindfulness lessons	Weekly – minimum	To provide a space and time during a day to focus on health and wellbeing To teach strategies that can be used independently during times of anxiety
Children	School allotment – growing and planting, caring for wildlife and plants	Throughout the year	To promote wellbeing by being outside and experiencing nature and the natural environment
Children	PE sessions and extracurricular clubs	2 hours weekly On daily	Inclusive for all pupils offering a range of activities to develop healthy body and mind
Children	Community Involvement – a range of activities to promote community engagement e.g. carol singing at local Dementia Centre, Macmillan Coffee Morning, supporting other charities e.. Living waters , Children in Need etc	Throughout the year	Pupils to see importance of helping others and extending our school values of kindness wider than our school community to ensure our pupils become well rounded, happy, fulfilled citizens
Children	Visits and visitors – a wide range of experiences e.g. charity visitors (Blue Cross, Action Aid, Swift Workshops etc) Diversity Role Models, STEM workshops, external visits e.g. zoo, museum, parliament, residential etc	Throughout the year	Pupils to gain a wealth of experience additional to the classroom experiences to support our pupils in becoming educated, well rounded, happy , fulfilled citizens
Children	Pupil Voice- School Council, Worry Boxes, Circle Time, School Librarians, Pupil Buddies (Wellbeing Warriors) , Science Ambassadors	Throughout the year	Pupils to have experience of leading and responsibility Pupils feel heard and can contribute towards the running of the school
Wave Two- School Based Additional Support			
Children	ELSA / Nurture time with trained counsellor	As frequently as required	To provide 1-1 or small group support for those pupils who need

			Opportunities for pupils to have a voice and to be listened to in a safe environment
Children	Aspire – support with self and co-regulation strategies, working in small groups, turn taking etc	As frequently as required	To provide 1-1 or small group support for those pupils who need Gives pupils strategies in working with others and supporting own behaviours / wellbeing

Wave Three- Additional Support

Children	CISS – Highfield Inclusion Hub	As frequently as required	To provide strategies for pupils to support co and self-regulation
Children	Kooth	As frequently as required	Pupils signposted to use Kooth as self referring provision for advice and mental health support for older children Aged 10 upwards
Children	Children and Family Wellbeing Service	As frequently as required	To provide support to children and families with targeted, specific support with health and wellbeing
Children	NSPCC / Barnardo's	As frequently as required	Specific targeted health and wellbeing safeguarding support and counselling for those who need
Children	School Nurse referral – for a range of support for children and families with health and wellbeing	As frequently as required	Specific targeted health and wellbeing safeguarding support and health needs for those who require it
Children	CAHMS – support for children and families with specific mental health needs e.g. ASD, ADHD, Self-harm etc	As frequently as required	Provides specific support and diagnosis for pupils with specific mental health needs

