



## Mental Health Offer for Children

At Thurnby Mead Primary Academy we recognise the fundamental importance of good mental health and well-being and how this underpins every aspect of our pupils' lives and ability to develop and learn and to go on to be good citizens. Our provision to secure good mental health in our children is a holistic approach, taking account of the whole child as an individual and the wider environmental factors which impact on mental health. We adopt a graduated response to supporting mental health needs.

The Digital NHS Report of The Mental Health of Children and Young People in England 2022 highlights some serious statistics:



**In 2022, 18.0% of children aged 7 to 16 years and 22.0% of young people aged 17 to 24 years had a probable mental disorder.**



**In children aged 7 to 16 years, rates rose from 1 in 9 (12.1%) in 2017 to 1 in 6 (16.7%) in 2020. Rates of probable mental disorder then remained stable between 2020, 2021 and 2022.**



**11 to 16 year olds with a probable mental disorder were less likely to feel safe at school (61.2%) than those unlikely to have a mental disorder (89.2%). They were also less likely to report enjoyment of learning or having a friend they could turn to for support.**



**1 in 8 (12.6%) 11 to 16 year old social media users reported that they had been bullied online. This was more than 1 in 4 (29.4%) among those with a probable mental disorder.**



**11 to 16 year old social media users with a probable mental disorder were less likely to report feeling safe online (48.4%) than those unlikely to have a disorder (66.5%).**



**1 in 5 (19.9%) 7 to 16 year olds lived in households that experienced a reduction in household income in the past year. This was more than 1 in 4 (28.6%) among children with a probable mental disorder.**



**Among 17 to 22 year olds with a probable mental disorder, 14.8% reported living in a household that had experienced not being able to buy enough food or using a food bank in the past year, compared with 2.1% of young people unlikely to have a mental disorder.**

Whole School Approaches	Provision	Targeted Support
<p><b>Culture of Belonging</b> – we understand that at the heart of well-being is a strong sense of belonging and connection with others</p>	<ul style="list-style-type: none"> <li>• Unconditional Positive Regard</li> <li>• Wonderful Welcomes</li> <li>• Curriculum of Mirrors and Windows</li> <li>• Caring &amp; Supportive Staff</li> <li>• Assemblies</li> <li>• Shared Weekly Character Muscle</li> <li>• Pupil Voice</li> <li>• PLT</li> <li>• Assembly Take Over</li> <li>• Community Events</li> <li>• Access to Clubs and Teams</li> <li>• Integration/inclusion</li> <li>• Diversity &amp; Tolerance – Equality</li> <li>• Makaton signing</li> <li>• Novel-led</li> <li>• PSHE curriculum</li> </ul>	<ul style="list-style-type: none"> <li>• 1:1 Meet &amp; Greets</li> <li>• Personalised Behaviour Plans</li> <li>• Personalised learning for SEND/DSP</li> <li>• Personalised nurturing interventions – Starburst, I Love Me Club</li> <li>• 1:1 check-ins</li> </ul>
<p><b>Daily Calm</b> – we understand the importance of creating safe and calm places and periods throughout the day for our children to support good mental health</p>	<ul style="list-style-type: none"> <li>• Wonderful Walking</li> <li>• Periods of Relaxation/mindfulness</li> <li>• Breathing Techniques</li> <li>• Exemplary Behaviour</li> <li>• Speak Out Stay Safe Culture</li> <li>• Everyday Classical Music</li> <li>• PAL (play &amp; learning)</li> <li>• Play Leaders</li> </ul>	<ul style="list-style-type: none"> <li>• SEMH Teacher support</li> <li>• MHST practitioners</li> <li>• Flourish</li> <li>• Personalised Behaviour Plans</li> </ul>
<p><b>Enrichment</b> – we recognise the importance of the arts, access to green spaces, faith &amp; sport in securing good mental health</p>	<ul style="list-style-type: none"> <li>• Extensive Offer</li> <li>• Expert Music Tuition</li> <li>• Varied Trips</li> <li>• Local Area Trips</li> <li>• Access to Theatre</li> <li>• Access to Clubs &amp; Teams</li> <li>• Links with local Religious Leader</li> <li>• Access to Places of Worship</li> </ul>	<ul style="list-style-type: none"> <li>• Personalised food skills interventions</li> <li>• Financial support with trips</li> </ul>
<p><b>Personal Development</b> – we understand the importance of developing the whole child and ensuring they have a voice in a safe environment</p>	<ul style="list-style-type: none"> <li>• Character Education</li> <li>• 3 Rules</li> <li>• Good to be Green</li> <li>• Zones of Regulation</li> <li>• Oracy focused PSHE Curriculum</li> <li>• Restorative Reflection</li> <li>• Big Concept Curriculum</li> <li>• Community Links</li> <li>• Mental Health Week – Express Yourself Day</li> <li>• Anti-bullying Curriculum</li> <li>• British Values</li> <li>• Safeguarding Curriculum</li> </ul>	<ul style="list-style-type: none"> <li>• Social Stories</li> <li>• Personalised Behaviour Plans</li> <li>• I Love Me Club</li> </ul>

<p><b>Family Support –</b> we understand the pivotal role the wider family plays on the well-being of our pupils. We extend our support to our families to secure good mental health for our pupils</p>	<ul style="list-style-type: none"> <li>• Family Support Worker</li> <li>• Early Help Offer</li> <li>• Parent and Teacher Communication</li> <li>• Supportive Mental Health Lead</li> <li>• Supportive Leadership</li> <li>• Time for parents/carers</li> </ul>	<ul style="list-style-type: none"> <li>• Food Parcels</li> <li>• Food Hamper at Christmas</li> <li>• Signposting to services</li> <li>• Family check-ins</li> <li>• Care Hamper</li> <li>• Care &amp; Share Hamper</li> <li>• Swap Shop</li> <li>• Pre-loved uniforms</li> <li>• Coffee Morning</li> </ul>
<p><b>On-line Safety –</b> we fully recognise the challenges brought by the on-line world and the potential detrimental impact on the well-being of our pupils. We are committed to teaching our children about how to navigate it safely and positively</p>	<ul style="list-style-type: none"> <li>• SMART rules</li> <li>• On-line Safety Curriculum</li> <li>• Assemblies</li> <li>• Information to parents/carers via newsletters &amp; Clasdojo</li> <li>• Speak Out Stay Safe Culture</li> <li>• Professional Curiosity of Staff</li> <li>• Culture of Consent</li> </ul>	<ul style="list-style-type: none"> <li>• Liaison with parents/carers</li> <li>• 1:1/targeted online education</li> </ul>
<p><b>Attendance –</b> we understand the fundamental role good attendance plays on good mental-health and the well-being of our pupils and forming good life-long habits</p>	<ul style="list-style-type: none"> <li>• Enticing Curriculum</li> <li>• Whole Staff Support</li> <li>• Rigorous systems to monitor and challenge attendance</li> <li>• Timely intervention</li> <li>• Attendance Officer support</li> <li>• Phone calls home</li> <li>• Home visits</li> <li>• Incentives and rewards</li> </ul>	<ul style="list-style-type: none"> <li>• Concern Meetings to address holistic challenges</li> </ul>