St Cuthbert's CE Primary School
Mental Health and Wellbeing Provision Map

Universal Support

- Consistent daily routines including meet and greet and prepared morning work.
- SCARF PSHE Curriculum
- All staff aware of vulnerable pupils in class and across school where appropriate
- Calm, tidy school environment
- Zones of regulation
- Quiet spaces
- Worry monsters/ worry boxes
- Self-referral forms

School- Led Additional Support

- Breakfast Club
- ELSA 1:1
- ELSA Group
- Nurture 1:1
- Nurture Group
- Lego Therapy
- Relax Kids
- A Ali drop in
- Individual cards indicating need for support
- Young carers group.
- Individually tailored wellbeing plan

Support from External Agencies

- MHST
- Young Carers
- Barnardos
- Youth Justice Team
- Kooth
- Coram Life Education
- The Wish Centre
- Family hub & Children Centre
- HAF programme

'You are now citizens together with God's people and members of the family of God'.
Ephesians 2:19