

Spotlight on Social, Emotional, Mental Health

A Whole-School Approach

There are four broad areas of need for SEND. The second most prevalent primary area of need nationally is social, emotional, mental health. This can be very wide ranging and includes low mood, anxiety, depression, self harm, attachment needs, ADHD and many more. In school. We use a range of approaches with our whole school community to support ALL children in this key area:

- Jigsaw PSHE curriculum, including focus on keeping our bodies and mind healthy in 'Healthy Me our Spring 2 focus.
- Forest school
- Relax Kids
- Reflect and Relax areas accessible to all
- Daily Zones of Regulation with all children
- Wellbeing Through Sport
- Making Summerseat Smile—Our version of Five Ways to wellbeing

S - Stay **connected**

M - Move to keep **active**

I - Inspired to **give**

L - Look and take **notice**

E—Enjoy and keep **learning**

Following our success last year to become a Communication friendly Setting, we are now working on the Nurture UK programme. Details can be found on the next page.

Making Summerseat



Smile!

Kooth & Qwell

If you haven't heard of the service before, Kooth is a mental health and wellbeing platform that offers online counselling, self help tools and peer support opportunities. They are commissioned, and therefore free to all learners at the point of need, by the local clinical commissioning group who are keen to make sure every young person aged 10-25 is aware of their access to this platform.

[Home - Kooth](#)

Adults can also access support for themselves via:

[Home - Qwell](#)



SEND Newsletter

16/02/24



Website: <https://www.summerseatmethodistprimary.co.uk/>



Getting Help & More Help

At times, children may need more support than the offer available to everyone as part of quality first teaching. In this case, please speak to the school SENDCO / mental health lead, Mrs Whittaker, who will be able to signpost you to additional support in school or more widely.

In school, we can offer school led interventions such as: [Hamish and Milo](#), Social Skills Programmes including 'Time for Talk, Socially Speaking and Friendship Formula. We may also offer more regular 'check-ins'.

As needed, we can also refer to the Education Mental Health Practitioner and the school nursing service.

Please do come and meet our EMHP during our SEND coffee morning.

If there is an urgent need that means a child is a significant risk, school can also support via a CAMHs referral.



SEND—Dates for your Diary—for dates further ahead, please visit the calendar on the school website.

[School Calendar](#)

1st Mar	SEND information / Coffee Morning—Rowlands Church 10:00-11:00am—all welcome, drop-in Focus: Supporting social, emotional & mental health
25th Mar / 26th Mar	LLN / HLN Parent Evening & All about Me / APDR review —extended appointment & SENDCO appointments available
19th April	SEND information / Coffee Morning—Rowlands Church 10:00-11:00am—all welcome, drop-in Focus: Supporting cognition & learning
21st May	HLN Paperwork updates and phone calls
14th June	SEND information / Coffee Morning—Rowlands Church 10:00-11:00am—all welcome, drop-in Focus: sensory & physical
15th July / 16th July	LLN / HLN All about me & APDR reviews Meetings / phone calls available

SEND Coffee Morning

Each half term, we are hosting a SEND coffee morning at Rowlands Church. The [next information / coffee morning will be on Friday 1st March 10am– 11am](#). Everyone is welcome. We are looking at each of the four broad areas of need across this academic year in turn and this time the focus will be on Social, Emotional and Mental Health.

I will be joined by our mental health practitioner, Claire Pearson, who will be sharing information about the role they play in supporting schools. I will also be sharing some of the approaches used in school, including our Nurture approach. I will also share routes where there are concerns. Please let the office know by email by no later than Thursday 29th February if you plan to attend then we can make appropriate arrangements. Many thanks.

Nurture UK

At Summerseat, we are currently working on the National Nurturing Schools Programme. This 18 month long journey is enabling us to further embed a nurturing culture throughout the school, enhancing teaching and learning, promoting healthy outcomes for children and young people. The needs of most children will be met through of universal offer as shown on the previous page but for some children, they need more.

What is Nurture?

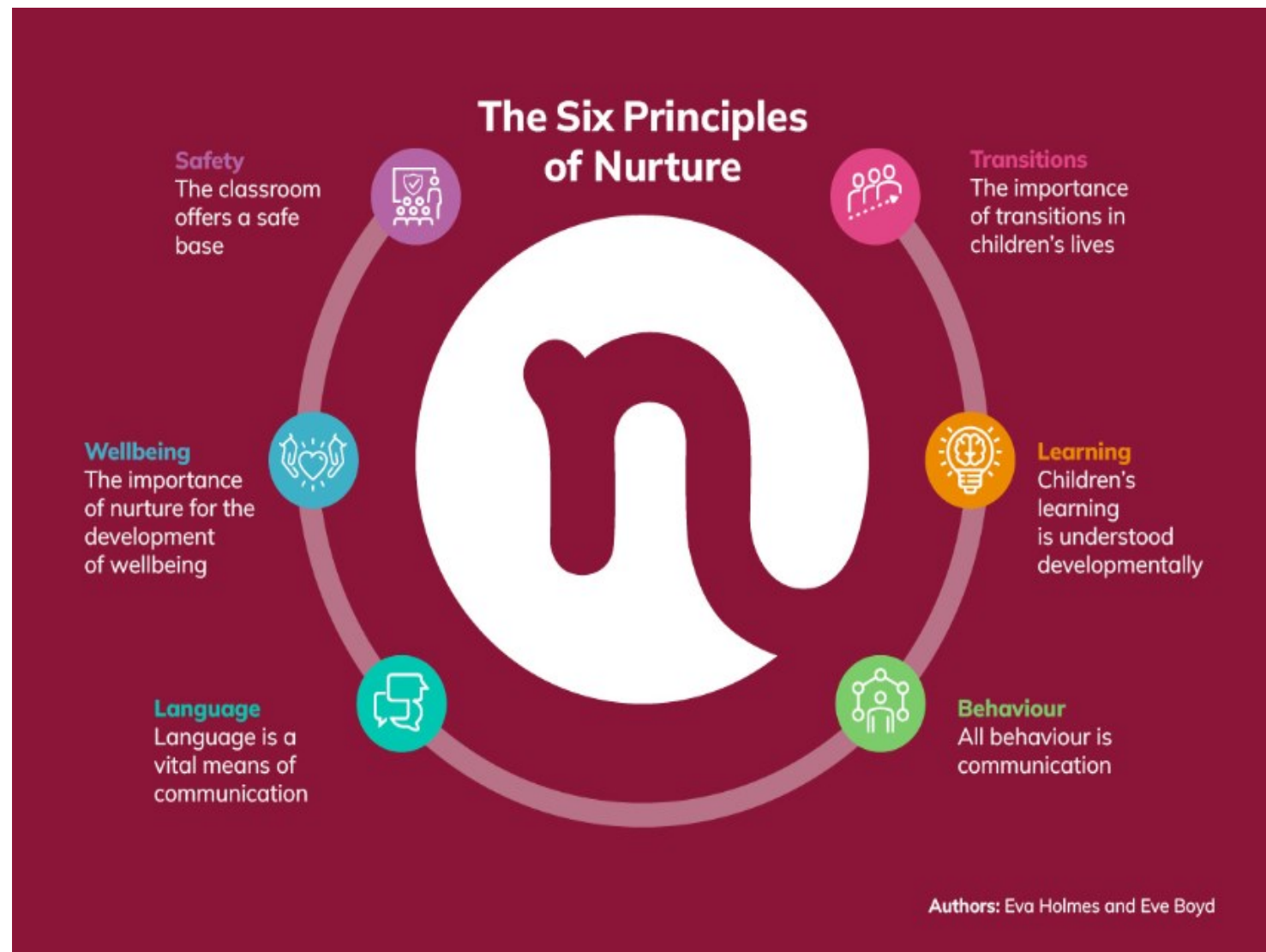
Nurture is a tried and tested way of relating to children that helps them develop vital social skills, confidence and self-esteem, and become ready to learn.

The concept of nurture highlights the importance of social environments – who you are with and not who you are born to – and its significant influence on social and emotional skills, wellbeing and behaviour. Both aspects play a significant role in shaping children.

The nurturing approach to education offers a range of opportunities for children and young people to engage with nurturing experiences that may have been missed, giving them the social and emotional skills to do well at school and with peers, and to develop their resilience and self-confidence.

It encourages pupils to take pride in achieving - addressing the social and emotional needs that can hamper learning if things are put in place to support.

The programme is based on the six principles of nurture that we here at Summerseat embed on a daily basis.



A Graduated Approach to Nurture

School staff are now trained on using the Boxhall Profile assessment tool to look at emotional and behavioural difficulties. This enables us to build a graduated approach to nurture ensuring that every child in the school has the opportunity to flourish in their education. Through this approach, we work to measure and support the social, emotional and mental health of all children, so no child is missed.

Ms Cole will be taking a lead on this, identifying and leading Nurture Interventions, groups and Nurture Plus in the spring and summer terms. If you do have any questions, please don't hesitate to get in touch.

Further Information

If you would like to find out more, please visit the following sites:
[Learn more about nurtureuk: our mission, vision and impact](#)

[Bury CAMHS :: Pennine Care NHS Foundation Trust](#)

[Home - Relax Kids - Official Website](#)

[What is ADHD - About ADHD \(adhduk.co.uk\)](#)