Cowick CE Primary
Mental Health and well-being pathway

Universal Access

Children at Cowick CE Primary have access to:

1. Jigsaw PSHE curriculum
2. Well-being days as a whole school (1 per term)
3. Half day well-being activities in class (1 per term)
4. Access to school staff for pastoral check ins (twice a term)
5. Termly worships focused on positive well-being
6. Zones of regulations used throughout school
7. Relational approach to behaviour management throughout school

Tier 1
School-based intervention
6 weeks
(3 week mid-point review)

Children who have being referred by a member of staff who need additional support have access to:

8. A block of 6 week ELSA session with a particular focus (e.g. bereavement)
9. Lego therapy –a 6-week block
10. Drawing for talking therapy -4/6 week block
11. Referral to Safeguarding Team (DSL / DDSL) or escalation to Tier 2 if required.

Tier 2
Commissioned/external service
6 weeks (3 week mid-point review)

If school-based intervention has been unsuccessful, a student can be referred to intervention provided by a commissioned/external service:

1. Early Help/ Family Support will be made through Social Services via the school safeguarding team
2. Contact GP for support and guidance
3. CAMHS contact point: 01482 303680

Please see the school website 'well-being' tab for other useful support links