

## Well Being Provision at Langtree

Implementation	7	8	9	10	11	
All	Transition		Transition		Transition	
All	Assemblies and tutor activities Topics covered in assemblies and tutor activities follow 6 steps to wellbeing: 1. Be Active... Go for a walk or run. Step outside. ... 2. Keep Learning ... Try something new. Rediscover an old interest. ... 3. Give ... Do something nice for a friend, or a stranger. Thank someone. ... 4. Connect ... With the people around you. ... 5. Take Notice ... Be curious. ... 6. Care For The Planet ... look after your community and the world.					
All	6 discreet lessons PSHE/RSE Taught in curriculum Link to the policy					
All Year 7s	Student Leaders mentoring sessions					
All	Extra Curricular	Langtree Challenge	Reflections on progress	Sponsored walk	Creativity days	Activity Week
All	Have a Student PSHE/RSE google classroom Have a Student Report a concern page that they can use Resources on the Student Tab for wellbeing					
Targeted Groups	Attendance group	Friendship group	Managing anxiety Group	Young Carers	Resilience Group	Exam support
Individual work	<ul style="list-style-type: none"> <li>- Report to tutor, HOY, SLT</li> <li>- CAMHs referral</li> <li>- Bereavement : <a href="#">Seasaw</a> (parents need to refer)</li> <li>- Nomad: mentoring service</li> <li>- ELSA support</li> <li>- 1 to 1 interviews with PP students in 7&amp;8</li> <li>- Peer mentor - Year 11 students mentor younger years</li> <li>- School nurse</li> <li>- Early Help Assessment (EHA) work with family: Oxford County Council</li> </ul>					
Parental support	Financial advice: <a href="https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/">https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/</a>  Helping you help your child: <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/</a> <a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a> <a href="#">Online pornography: how to keep your child safe</a> <a href="#">Online sexual harassment: how to talk to your child</a> <a href="#">Coping with Self harm: a guide for carers and parents</a> <a href="#">Information about drugs</a> National Domestic Abuse Helpline: 0800 2000 247 <a href="#">Recognising domestic abuse: NSPCC website</a> <a href="#">Advice regarding housing:</a>  The school will host two virtual sessions by Child and Adolescent Mental Health services (CAMHs) <ul style="list-style-type: none"> <li>- A parent forum on <b>26th September</b> for supporting children who are anxious</li> <li>- Parent sorum on <b>30th January</b> on supporting children who self harm</li> </ul> Links will be published for next week for the 26th September.					

