



Early Help Offer at Cardinal Wiseman Catholic School



Early help in schools refers to the support provided to children and families as soon as challenges begin to emerge, rather than waiting until problems become more serious. It is a proactive approach that aims to identify and address issues early on - whether they relate to emotional wellbeing, behaviour, learning, or family circumstances - in order to prevent them from escalating. By working closely with parents, teachers, and other professionals, schools can offer timely guidance, resources, and interventions tailored to each child's needs, helping to create a more stable and supportive environment both at home and in school.

CW Early Help Offer

Here are some of the things that we do to support families of the pupils at Cardinal Wiseman:

- We provide all stationary (pencil case with all equipment needed) for every pupil at the start of the year;
- Referrals to mental health support - the safeguarding team sources grants when they are available in order to offer this to as many children as possible;
- Breakfast club is open from 8am every morning where children can have free bagels;
- We have selected pupils attending a sports mentoring programme each week in order to improve their outcomes and support their mental wellbeing through sport related activities;
- Free period products for girls funded by the DfE;
- Support with uniform for families in need;
- Exam stress support;
- 121 mentoring and counselling for children with SEND;
- Transformation opportunities cover many of the subjects listed above for example, Compass's group session on managing anxiety, bullet journalling and a variety of sports are on offer to promote mental and physical well-being;
- Peer mentoring;
- Mentoring and group support for our young carers;
- 121 careers guidance meetings to help students prepare for their futures beyond Cardinal Wiseman.
- Information on exam stress - <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>
- Support with homelessness - this can include a referral to the Early Help team for Birmingham Children's Trust, signposting to food banks, emergency food parcels;
- For advice on housing support including support with homelessness:

[2024 12 03 Green Lilac Family Action Early Help Flyer - w bleed.pdf](#)

[Housing Advice and Guidance Booklet 2.pdf](#)