

SOCIAL, EMOTIONAL & MENTAL HEALTH	PHYSICAL & SENSORY	HOME & FAMILY FACTORS
<p>(Link to SEMH Resources Folder)</p> <p>Emotional Literacy</p> <ul style="list-style-type: none"> • Weekly support from Emotional Literacy Support Assistant (ELSA) (email Dr Sam Bougourd, Educational Psychologist) • ‘Talking Mental Health’ lessons (primary) • 5 step Mental Health and Wellbeing Framework for Schools and Colleges (video) • Classroom Wellbeing Toolkit <p>Anxiety</p> <ul style="list-style-type: none"> • Anxiety and My Body worksheet • Anxiety Busting workbook • The Ladder of Avoidance • Graded Exposure Guidance • CBT techniques to support children • Responding to Stressful Situations – primary school toolkit • secondary school toolkit <p>Calming</p> <ul style="list-style-type: none"> • Calming apps, e.g. Aura or Mindshift • Daily 5-minute Mindfulness Activities • Designated Safe Space/Quiet Space • A personal Calm Box • Calming Down Worries (primary) • Toolkit for Regulation in Secondary Schools 	<p>(Link to Physical & Sensory Resources Folder)</p> <p>Healthy Lifestyles</p> <ul style="list-style-type: none"> • Sirona (NHS) Chat Health text line (11-19) • Healthy Living KS3 lesson plans • Healthy Eating KS4 lesson plan • Healthy Diet KS2 lesson plan • Fitness, Health and Wellbeing lesson plan KS4 • Healthy Eating online games <p>Physical Skills</p> <ul style="list-style-type: none"> • Differentiation in PE for All Learners • Tips for Teaching PE to Students with Coordination Difficulties • Gross motor skills intervention programme • Fine motor skills intervention programme <p>Sensory Processing Skills/Sensory Differences</p> <ul style="list-style-type: none"> • Sensory Audit tool for classrooms • Sensory Breaks built in to timetable • Daily Sensory Circuits approach • Daily Sensory Diet approach <p>Sleep</p> <ul style="list-style-type: none"> • Cerebra Sleep Guide for Families • Cerebra Sleep Advice Service 	<p>(Link to Home & Family Resources Folder)</p> <p>Parent and Carer Advice and Support</p> <ul style="list-style-type: none"> • SEND and You (SAY) <p>Pupil Premium and Poverty</p> <ul style="list-style-type: none"> • EEF Guide to Using Pupil Premium • Poverty-proofing the school day (Guide) • Poverty-proofing PE lessons (Guide) • Poverty-proofing Primary Schools (Guide) <p>Illness and Disability</p> <ul style="list-style-type: none"> • NHS Support for Young Carers • Young Carers UK online forum • Is my child too ill for school? (NHS) <p>Bereavement</p> <ul style="list-style-type: none"> • Child Bereavement UK - Primary Pack • Child Bereavement UK - Secondary Pack <p>Blended Families</p> <ul style="list-style-type: none"> • Blended Families Guidance (Family Lives UK) <p>Attachments and Care</p> <ul style="list-style-type: none"> • Referral to Family Wellbeing Service (Phone: 01275 888808) • Setting up a Nurture Group (email Dr Vicky Biu, Educational Psychologist) • Weekly meetings with key adult using Ice Breaker activities