



skills and raising self-esteem and confidence. Pupils have had the opportunity to kayak down the Ardeche, cycle around Mont Blanc and climb to Base Camp Everest.

- Weekly Enrichment afternoons enable pupils to focus on personal interests, gain new skills and confidence through sport, music and the arts. Our recent glass kiln project was a great success and highlighted that learning a new practical skill boosts wellbeing.
- Weekly Whole School Assemblies address aspects of mental health with staff encouraging pupils to ask for support and to support their peers.
- Our most complex pupils are offered personalised programmes and timetables allowing them to access learning through a tutor and bespoke therapeutic activities e.g. fishing, photography and gym passes.

#### **Mental health is an integral part of our extra-curricular activities**

- Dedicated timetabled weekly Draw and Talk sessions with an in-house qualified teacher practitioner give pupils the opportunity to express themselves and discuss personal worries.
- We have commissioned in our own on-site counsellor funded by pupil premium one day a week to support pupils and families. Referrals are made by staff. Pupils can also self-refer.
- KS2 pupils run the Morning mile to promote healthy lifestyles and to raise self-esteem.
- Designated Quiet Spaces and Reading Areas support pupils who need time out or 'alone time'.
- Investment in 'Healing Rhythms' a relaxing and calming ICT program promotes mindfulness and a sense of inner self.

#### **Supportive Interventions**

- Y6 are piloting an anger management project - 'Think Green not Red'.
- A team of 3 Learning Mentors focus on removing barriers to learning, encouraging engagement and healthy relationships.
- Several staff are trained in Restorative Justice and conflict resolution so that any friendship issues are resolved swiftly. The focus is on encouraging pupils to see the point of view of others and on self-management strategies.
- We work closely with local police and have a designated officer who facilitates a weekly drop-in visit. The emphasis is on early intervention and prevention.

#### **Supporting parents of pupils with complex emotional needs**

- Our active Parents Group participate in art, pamper sessions, baking sessions, MacMillan Coffee morning and countryside walks.
- A Family Support HLTA has designated time to interact with families and aid transition.

#### **Ground-breaking initiatives**

- Thrive National Pilot - Penkford facilitated fortnightly meetings of this multi-professional discussion forum and clinic.
- 'Heads Up' Emotional Literacy project pilot with Y6, encouraging dealing with difficult emotions.
- Half termly ADHD clinics support pupils with stresses and anxieties.
- Half termly Team Around Penkford School meetings support the most at risk pupils.

If you have any further questions or concerns, please contact any member of the Safeguarding team,  
**Mr McKune** (Safeguarding Leader); **Mr Francis** (Deputy Head - Lead for Personal Development, Behaviour, Welfare and Safety)