

Wellbeing at Patrington

Pupils



Whole school ethos and values, daily 'check-ins, whole school approach to wellbeing using the Zones of Regulation, regulation stations, 'i wish my teacher knew' boxes, worry monsters, PSHE lessons, access to wellbeing lead, 1:1 or group session focusing on wellbeing, Rainbow room, wellbeing 'drop-ins', sensory support, reflection areas, reading shed, awards, dojos, breakfast and after school club, other clubs/extracurricular activities, parent assemblies, pupil parliament, bespoke wellbeing support.

Break and lunchtimes



Healthy food, high level of adult support, sensory support, opportunities for 1:1 adult support, reading shed, reflection area, regulation stations, access to wellbeing lead, play leaders, zoned activities, quiet reading area, Rainbow room 'drop-ins'.

Staff



Whole school ethos and values, protected PPA, staff 'shout outs', open door policy to SLT, support around 'wellness action plans', SAS wellbeing programme including staff wellbeing clinics, counselling, GP consultations, physiotherapy, weight loss support and more.

Parents/carers



Parent workshops, parent drop-ins', regular headteacher welcomes on arrival, links to multi-agency support, access to the wellbeing lead for support and guidance, parent evenings, support meetings, Team around the family meetings, termly SEND meetings, access to Parent led CBT support and Behaviour as communication sessions.

Multi-agency support



Early Help, Children's Centre, Social Care, Educational Psychologist, Social Prescribers, Mental Health Support Team, Family Links, food banks, school nursing team inc health visitors, Camhs.