

**Wellbeing Provision**

What we can provide	What is it & who's it for?	What it involves	Who do I contact?
The Wellness Team	Our team of experienced school adults (trained in mental First Aid for pupils) are available to support children when they feel lonely, sad or worried. This may be because of school issues such as work or friendships, or because of home issues.	Members of the team work under the direction of the Wellbeing Lead, Miss Wakefield, to support children either individually or in groups. This may be an informal daily 'check-in' or something a little more long term. Sometimes a particular Wellness Team member is responsible for supporting a particular child.	Ali Wakefield: wellbeing@st-francisofassisi.norfolk.sch.uk or 01603 441484
The Talk	The Talk is a comfortable and welcoming room which is used as a lunchtime drop-in for any child who is sad or worried and would like the advice of a trained adult. Class teachers and the Wellness Team remind the children that this room is available to them.	The Talk is open each Monday and Friday lunchtimes between 12pm and 1:15pm and is staffed by members of the Wellness Team. Children can sit quietly, read a book, play a game or chat to staff.	Children take themselves to The Talk when they need to. Parents are informed if particular children are regular visitors.
Rainbows	Rainbows is a programme designed to support children who have experienced a significant loss through either bereavement, divorce/separation or illness. It is a chance for children to talk about and process feelings of grief and loss in a safe environment with trained staff and two/three other children in a similar situation.	This intervention runs for about 12 weeks; one 30 minute session per week. A personal journal is kept by each child to help record their journey through dealing with their grief. Each week focuses on an issue to discuss with a simple activity to complement it.	Ali Wakefield: wellbeing@st-francisofassisi.norfolk.sch.uk or 01603 441484
Parent Support Advisor (PSA)	Rowena Cove works for the Benjamin Foundation, and visits us each Wednesday providing support for parents, carers or pupils on a whole range of issues which may impact on a family's well-being. This may include housing, food or finance support; behaviour, emotional or health advice; separation,	Families can make direct contact with Rowena for advice and support. Rowena supports children and parents herself or can put families in touch with other appropriate agencies.	Drop in on Wednesdays or contact Rowena on: rowena.cove@benjaminfoundation.co.uk

	divorce or bereavement; liaising with the local Council.		
ELSA (Emotional Literacy Support Assistants)	<p>ELSA is a trained, school based learning support assistant whose role is to support the emotional wellbeing of pupils. They are trained by a team of Educational Psychologists and receive ongoing support and group supervision. ELSAs work with children and young people either individually or in small groups and deliver bespoke interventions tailored to the individual need.</p> <p>Examples of the interventions that can be provided are social skills, emotions, bereavement, anxiety, social stories and therapeutic stories, anger management, self-esteem, friendship issues, bullying, behaviour and relaxation techniques</p>	<p>The interventions normally run for 4-6 weeks; there would be one session a week which will last from 30 minutes up to 1 hour.</p> <p>The sessions consist of several parts</p> <ul style="list-style-type: none"> · emotional check in - a chance to talk about any concerns, worries or issues · Warm up activity - a fun game or activity · Main activity - A learning objective will be set for the group of children which they will all be able to answer at the end of the session. · Relaxation - Your child will be taught a relaxation exercise to help get them ready to go back to class 	<p>Mrs Rachel Bowen (Senco) via: senco@st-francisofassisi.norfolk.sch.uk or 01603 441484</p>
Open Arms: Emotional Regulation (The Fizzy Group)	<p>This is a programme which has been devised by the Open Arms Support Services to support children with their emotional regulation. It is particularly for those children who are already on the Neurodevelopmental pathway for investigation for ASD and ADHD.</p>	<p>It is a 10 week programme delivered x1 weekly by two members of staff. The activities are designed to help the children to recognise and develop strategies to self-regulate their behaviour in a variety of situations.</p>	<p>Mrs Rachel Bowen (Senco) Via: senco@st-francisofassisi.norfolk.sch.uk or 01603 441484</p>
Wellbeing Wednesdays	<p>A weekly informal drop-in tea/coffee morning in the school Dining Room for parents and carers who can meet to chat with each other, Rowena Cove or members of the Senior Leadership Team. Our school priest will also often come along when he is free.</p>	<p>Every Wednesday morning between 9 and 9:45am. A chance to chat!</p>	<p>Drop-in session, no appointment necessary. Entry through the main front door.</p>
Wellbeing Newsletter	<p>Each term a Wellbeing newsletter is sent home with ideas to improve good mental wellbeing and links to useful mental health websites.</p>	<p>The newsletter is based on the '5 Ways to Wellbeing Approach' and informs parents and carers about resources and initiatives</p>	<p>Not applicable</p>

		supporting mental wellbeing support available at St Francis.	
Lego Therapy	Lego therapy is a programme that aims to support children with difficulties in social communication. It helps to develop skills, such as sharing, turn-taking, following rules, using names and problem-solving.	<p>In practice, children work in groups of three with a trained LSA, each participant having a distinct role to build a Lego model collaboratively:</p> <ul style="list-style-type: none"> • Engineers use the Lego instructions and ask the Supplier for the specific pieces of Lego needed. • Suppliers gives the Builder the pieces. • Builders follow the building instructions from the Engineer, in order, to construct the model. 	Mrs Rachel Bowen (Senco) via: senco@st-francisofassisi.norfolk.sch.uk or 01603 441484
Pastoral Gardening Club New for Spring 2022!	The gardening group is designed to support children with gross and fine motor skills, emotional well-being, working collaboratively and sensory input. It will help children who have been identified needing occupational therapy support	The group will run 1 x week. A group of 4-6 children will work with an LSA carrying out a variety of gardening activities such as planting, digging and weeding. While working children will also have the opportunity to discuss the topic with the adult and their peers.	Mrs Rachel Bowen (Senco) via: senco@st-francisofassisi.norfolk.sch.uk or 01603 441484
Rosary Club	A fortnightly voluntary lunchtime club for children in Year 4 and above to pray the Rosary with members of the Adult Chaplaincy Team.	A 20 minute adult-led session to enhance spiritual wellbeing, based around a Gospel reflection and praying the Rosary	Drop-in session, no appointment necessary.