St Francis of Assisi Catholic Primary School

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
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 week 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, divorce or bereavement; liaising with the local Council.	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.	Contact Rowena on: rowena.cove@benjaminfoundation.co.uk
ELSA (Emotional Literacy Support Assistants)	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	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. The sessions consist of several parts	Ali Wakefield: wellbeing@st-francisofassisi.norfolk.sch.uk

	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. 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	· 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	or 01603 441484
Open Arms: Emotional Regulation (The Fizzy Group)	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.	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.	Mrs Rachel Bowen (Senco) Via: senco@st-francisofassisi.norfolk.sch.uk or 01603 441484
Wellbeing Newsletter	A Wellbeing newsletter is sent home towards the end of the Autumn Term and again in Summer with ideas to improve good mental wellbeing and links to useful mental health websites. Newsletters include details of practical support, local food banks, holiday clubs, helplines etc that families can access during the holiday period.	The newsletter is based on the '5 Ways to Wellbeing Approach' and informs parents and carers about resources and initiatives supporting mental wellbeing support available at St Francis.	Not applicable
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.	In practice, children work in groups of three with a trained LSA, each participant having a distinct role to build a Lego model collaboratively: • Engineers use the Lego instructions and ask the Supplier for the specific pieces of Lego needed. • Suppliers gives the Builder the pieces.	Mrs Rachel Bowen (Senco) via:senco@st-francisofassisi.norfolk.sch.uk or 01603 441484

		• Builders follow the building instructions from the Engineer, in order, to construct the model.	
Pastoral Gardening Club	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 weekly 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.