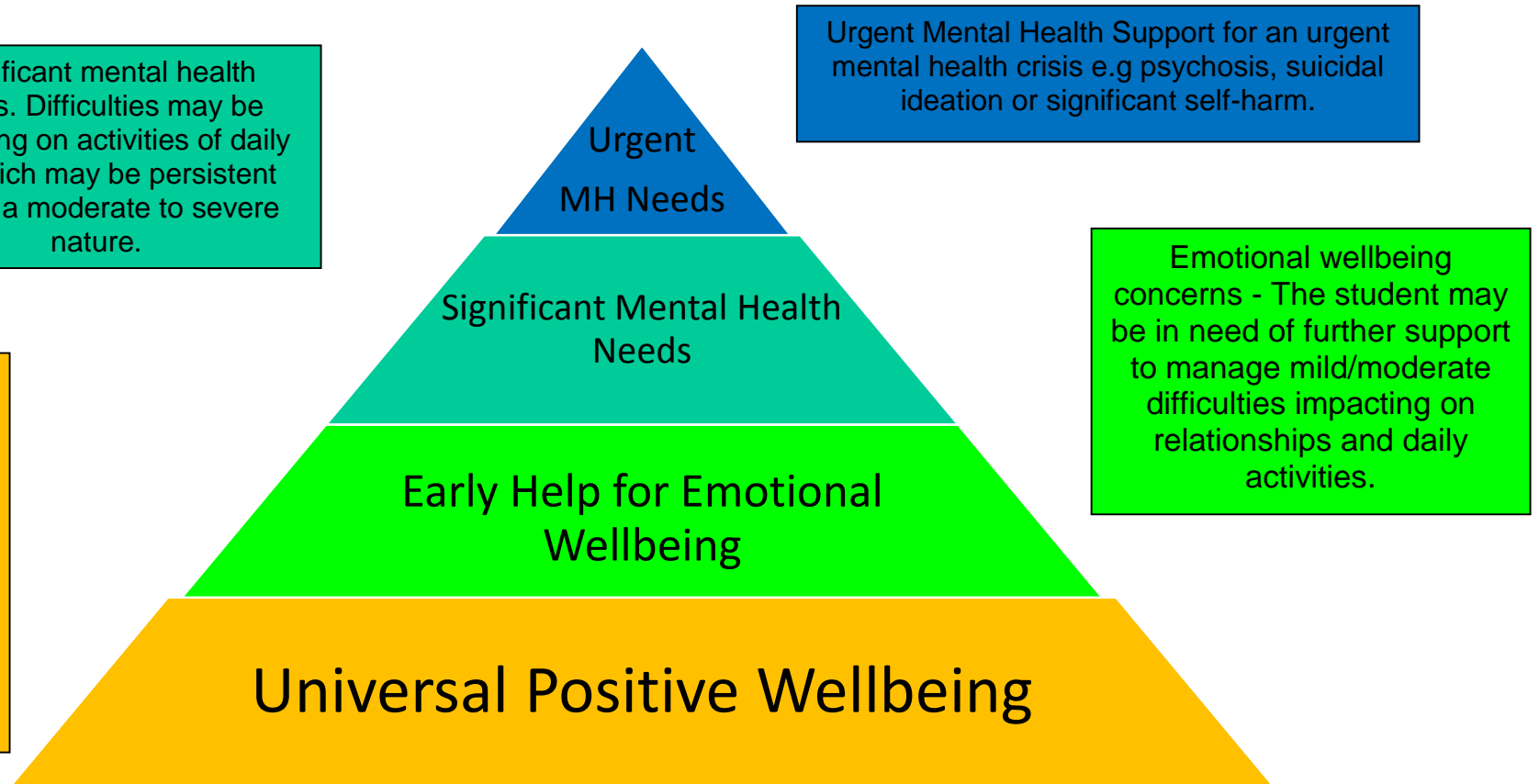




KING EDWARD VI GRAMMAR SCHOOL

HOLISTIC, ACADEMIC, EDUCATION

"Encouraging Excellence, Nurturing Talent"





KING EDWARD VI GRAMMAR SCHOOL

HOLISTIC, ACADEMIC, EDUCATION

"Encouraging Excellence, Nurturing Talent"



Universal Positive Wellbeing

- Promote the three foundations of healthy emotional wellbeing – eating, sleeping and exercise
Wellness Lessons, Tutor Time etc
- 'Wellbeing Champions' School, raising awareness HoY Assemblies, whole school Awareness Days etc
- Teaching and encouraging use of mindfulness, calming apps, positive thoughts etc
- Whole Year Group/Large Group Workshops provided through Healthy Minds Lincolnshire
- Training for staff through Healthy Minds Lincolnshire Professional Training programme

Early Help for Emotional Wellbeing

- Support self-help and self-referral to www.kooth.com (age 11-18) and free in Lincolnshire
- Strategies through KEVIGS Emotional Wellbeing Booklet
- Small Group Workshops with Healthy Minds Lincolnshire
- Emotional Literacy Support with school based qualified ELSA (Emotional Literacy Support Assistant)
- Referral for Healthy Minds 1:1 Support through EHA

Significant Mental Health Needs

- Continue to utilise school based support as above.
- Consult the CAMHS professional advice line for guidance and referral advice
- Referral to CAMHS made by school if appropriate.
- Access to School Counsellor if appropriate

Urgent Mental Health Needs

- Contact CAMHS professional advice line to request advice from CAMHS Crisis Team
- Our of hours must contact A&E
- CAMHS crisis screening with outcome including next steps for support shared with school