

# The School Hub for Safeguarding & Wellbeing

"Where we endeavour to keep students safe, be mentally healthy, independent and resilient, leading to improved attendance, behaviour and academic learning outcomes, within a positive calm and supportive school environment'.

## A Safeguarding Provision

Where students likely to, or have suffered serious harm are identified and referred to Multi Agency Safeguarding Hub in a timely manner.

## A Wellbeing Provision

Providing preventative interventions; early identification and assessment of a broad spectrum of unwell; targeted interventions and where appropriate, referral to Child and Adolescent Mental Health Service.

INTERVENTIONS DELIVERED		
Emotional Support	Behavioural Support	Relational Support
<ul style="list-style-type: none"> <li>• Growing Self Esteem</li> <li>• Body Image</li> <li>• Anxiety/Panic Attacks</li> <li>• Stress Management/ Depression</li> <li>• Living with Loss/Loneliness</li> <li>• Self-Harm/Suicidal Thoughts</li> <li>• Maximising Sleep</li> <li>• Addictions</li> <li>• Attachment</li> <li>• Gender &amp; Sexuality</li> <li>• Relaxation Techniques</li> <li>• Therapeutic Stories</li> <li>• Preparing for/Taking Exams</li> </ul>	<ul style="list-style-type: none"> <li>• Goal Setting</li> <li>• Time Management</li> <li>• Bullying/Cyber bullying</li> <li>• Anger Management</li> <li>• Racism</li> <li>• Social Skills Superhero Class Programme</li> </ul>	<ul style="list-style-type: none"> <li>• CBT Individual/Group Work</li> <li>• CBT Family Work</li> <li>• Parenting Group</li> <li>• Restorative Work - School Community</li> <li>• Non Violent Communication</li> <li>• Friendships</li> </ul>
INCORPORATING THERAPEUTIC WORK		
<b>Individual Therapy</b> <ul style="list-style-type: none"> <li>• Safe setting to talk openly</li> <li>• Art Therapy</li> </ul>	<b>Cognitive Behaviour Therapy</b> <ul style="list-style-type: none"> <li>• Dealing with thoughts, feelings and behaviours</li> </ul>	<b>Solution Focused Brief Therapy</b> <ul style="list-style-type: none"> <li>• Working with the person not the problem, drawing on strengths and preferred futures</li> </ul>
<b>Family Therapy/Mediation</b> <ul style="list-style-type: none"> <li>• To reduce blame, rebuild relationships and take responsibility for actions</li> </ul>	<b>Mental Health First Aid</b> <ul style="list-style-type: none"> <li>• Assessment and referral to appropriate Agencies</li> </ul>	

## Progress

Students are monitored and reviewed at agreed intervals along Programmes

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