



## **Social, Emotional and Mental Health (SEMH)**

At Lakeview Primary, we promote an inclusive, restorative environment in which each individual is valued and respected. We have an ethos of setting high expectations of attainment for all pupils with consistently applied support, tailored to each individual child where needed. We recognise that all children and young people need a solid foundation of positive mental health to benefit fully from all of the opportunities that are available to them. We want our children to be resilient and mentally healthy, so that they can succeed.

At times, anyone may need additional support to maintain or develop good mental health. The mental health of children and young people, adults in schools, parents and carers and the wider whole school community will affect all areas of a child's development, learning, achievement and experiences. We understand and recognise the risk factors and indicators that may signify that a child needs additional support with their SEMH needs and we respond accordingly.

During their time at Lakeview, some children may experience short but significant periods of high anxiety, stress, distress or anger that affect their education, whilst some children may have a range of longer-term recognised mental health conditions. Through high quality whole-class teaching, we provide our children with inner resources that they can draw on as a buffer when negative or stressful things happen, which helps them to thrive even in the face of significant challenges.

Where a child needs targeted SEMH intervention for a mental health problem, we work with others to provide interventions that use a graduated approach to inform a clear cycle of support. Assessment is used to establish a clear analysis of the child's needs, a plan is set out as to how the child will be supported, the action needed to provide that support will be planned and regular reviews will be held to assess the effectiveness of the provision and lead to changes where necessary. We offer specific interventions led by our Learning Mentor and Outreach Workers, and through close work with Outer Agencies such as GPs, Educational Psychologists and CAMHS, we respond reactively to meet all children's SEMH needs.

### **What is available locally to support Parents and Carers with their child's SEMH needs?**

CAMHS – Main site

<https://camhs.elft.nhs.uk/>

CAMHS – Bedford Borough

[https://camhs.elft.nhs.uk/service\\_detail.aspx?ID=201](https://camhs.elft.nhs.uk/service_detail.aspx?ID=201)

CHUMS – Main site

<http://chums.uk.com/>

CHUMS – Bedfordshire and Luton Services  
<http://chums.uk.com/bedfordshire-services/>

Bedford Borough Local Offer  
<https://localoffer.bedford.gov.uk/kb5/bedford/directory/home.page>

Parent line – Bedfordshire Community Health Team  
<https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/health-visiting/parentline>

### **What is available nationally to support Parents and Carers with their child's SEMH needs?**

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

<https://www.minded.org.uk/>

<https://www.childline.org.uk/>

<https://papyrus-uk.org/hopelineuk/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

<http://www.docready.org/#/home>

<https://youngminds.org.uk/find-help/>

<https://www.bbc.co.uk/cbbc/curations/lifebabble-help-me-out>

### **Support for Parents and Carers with their own SEMH needs**

We are here for you too. All parents and carers are a much valued and highly respected part of the Lakeview Primary Community, and we care about your mental health and well-being too. School is always open for you to come and discuss your own SEMH needs with us, and we will always endeavour to support you in the best possible way. We work with you to do what is best for your child, and sometimes that involves taking care of you first.

We understand that everyone experiences life challenges that can make him or her vulnerable. At times, anyone may need additional support to maintain or develop good mental health and resilience. We want our school to be a mentally healthy environment where parents/carers:

- are recognised for their significant contribution to children and young people's mental health
- are welcomed, included and work in partnership with schools and agencies
- are provided with opportunities where they can ask for help when needed
- are signposted to appropriate agencies for support

The following links provide a wealth of information and also signpost useful mental health agencies and support groups.

CALM – Campaign against Living Miserably

<https://www.thecalmzone.net/>

The Samaritans

<https://www.samaritans.org/>

Heads Together

<https://www.headstogether.org.uk/>