

Harrow Mental Health Practitioner

The Education Mental Health Practitioner's (EMHP) support mental health needs such as child anxiety or behaviours that challenge, through short term pieces of Cognitive Behavioural Therapy informed low-intensity interventions. EMHP's work predominantly with parents through 6-8 weekly sessions to help parents manage their child's difficulties.



ELSA (Emotional Literacy Support Assistant)

The ELSA programme helps children recognise, understand and manage emotions and feelings to increase success. An ELSA is a member of staff who is trained to have a basic psychological understanding of the principal needs underpinning healthy emotional development in children.

An ELSA plans and delivers short term (usually 8-10 weeks) individual and on occasion, small group interventions. An ELSA may work with children with difficulties in the following areas:

- Self-esteem / personal identity & self-regulation
- Anxiety & identifying, understanding and talking about their feelings
- Resolving conflicts & forming and sustaining relationships
- Managing change
- Bereavement / loss (family breakup)



The Nest

As well as a base for our Pastoral Lead, The Nest is our specially designed space to reset and return to learning. It is a place for

- Calm time
- Nurture
- Self Regulation & Emotional Check-ins
- Small group work

Supporting Positive Mental Health in our curriculum

Our PSHE curriculum at West Lodge is structured using different 3 strands. Firstly, Jigsaw PSHE forms the core of our statutory teaching and lessons take place weekly. There are also 15 MindUP lessons that are split across the academic year focussing on a range of areas, including: learning about the brain; mindfulness and self-regulation.

We also use the NOOUTSIDERS programme to support our teaching of the equality act. The scheme uses a set of picture books in each Year Group as a framework to discuss the Protected Characteristics.

For more information about our PSHE curriculum, please visit the PSHE curriculum page on our website. <https://www.westlodge.harrow.sch.uk/phse/>

If you have any further questions regarding any of the services detailed in this leaflet, please speak to your child's class teacher or a member of the West Lodge Primary School Inclusion Team, or ask at the school office.



West Lodge Primary School

Contact Details:

Telephone: 020 8866 9836

Email: office@westlodge.harrow.sch.uk

SUPPORTING POSITIVE

SOCIAL, EMOTIONAL, MENTAL HEALTH (SEMH)

We believe that a child's positive emotional wellbeing is essential to their personal and academic development. We offer a range of strategies and interventions to help support and develop positive mental health.

If parents or staff have concerns about a child, the school will work collaboratively with parents, classroom staff and the Inclusion team in order to recommend the most appropriate support.



ConnectEd counselling service

ConnectEd counsellors/therapists are qualified and experienced mental health professionals. They provide weekly one-to-one therapy sessions for pupils and also offer therapeutic groups helping pupils with specific issues such as transitions or social skills.



At West Lodge Primary School, the ConnectEd school counsellor is an Accredited Member of BACP (British Association for Counselling & Psychotherapy) and a Professional Member of ACTO (Association for Counselling and Therapy Online). She is an experienced Person-Centred counsellor who integrates creative and play methods along with talking therapy as part of her child-led approach.

Referral reasons might include friendship issues, low self-esteem, anxiety, difficulties with emotional regulation, family breakdown, bereavement, and loss. Often by helping vulnerable pupils come to terms with the sources of their distress they are able to develop greater emotional resilience, more positive self-esteem and increased confidence.

Further information about the ConnectEd school counselling service can be found on the website: www.ccsconnected.org.uk

SCHOOL PLAY THERAPIST

Becki Kerl is West Lodge Primary School's Play Therapist. She is a certified member of PTUK (Play Therapy United Kingdom) whose vision is, **'a world where all children enjoy a happy, safe and healthy childhood that enables them to reach their full potential.'**

Play Therapy involves the use of play and art materials for children to express themselves. It can be a particularly helpful approach for children in need of therapeutic support.



Some of the reasons for referral may be :-

- Disturbed sleep
- Trauma, emotional, physical or sexual abuse
- Suffers from anxiety, stress or phobias
- Has suffered a loss, bereavement or parental separation
- Is withdrawn or continually unhappy
- Ongoing ill health
- Finds it difficult to make friends

Further information about Play Therapy and PTUK can be found on their website, <https://playtherapy.org.uk/for-parents/>



Rainbows is a group intervention that helps support children through change linked to bereavement and loss. It is a 12-week programme run by fully trained staff and allows children to express their feelings, and nurture and develop the emotional health and wellbeing of children who have experienced a significant loss through death, relationship breakdown or other adverse experience.



Harrow Horizons is a short term (usually 8-10 sessions), targeted mental health and wellbeing service for children and young people. It offers a wide range of therapeutic interventions for those who do not meet the criteria for specialist CAMHS intervention, and techniques include psychodynamic, person centred art, drama, music, play and integrative therapies.

This service is run by the Anna Freud Centre in partnership with the NHS, Harrow Council and local schools. Harrow Horizons is there to support children and young people aged 0 to 18, and people with special educational needs and disabilities up to the age of 25 alongside their families in Harrow who need help to improve their emotional health and wellbeing.

