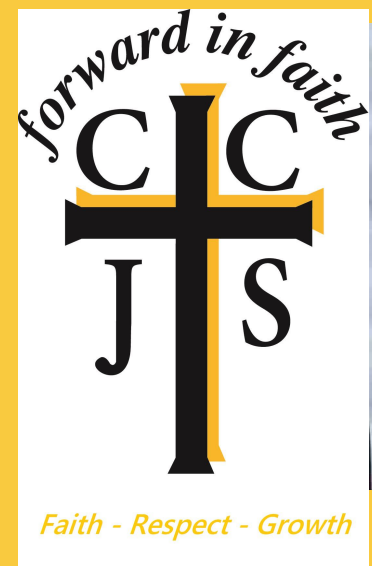


# Well-Being at Cheadle Catholic Junior School

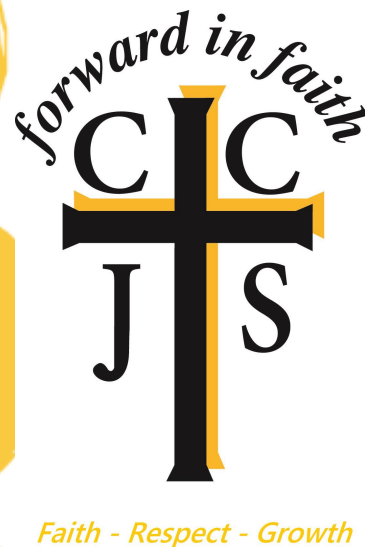
Forward in faith... following in the footsteps of Jesus



## Our Wellbeing Team



Mrs Rezzano



## What is the Process?

We work with our students in a flexible way as different people find different approaches helpful. Wellbeing is not a "one size fits all". Sometimes just building up a positive relationship with a "safe" person in school is helpful!

When a referral is made through our digital form, our Wellbeing Team will meet and decide how best to support the child. There are three avenues for supporting our students:

1. Resources from a member of our Wellbeing Team to work through with their classroom staff with a trusted adult.
2. 1:1 or small group ELSA strategy block
3. Counselling strategy block

## What Does it Look like?

We offer a form of mental health support that involves talking. Students will meet the same practitioner for their sessions. We provide a safe and confidential space for students to talk about their worries, concerns and how they are feeling. It's important to note that a young person child can only be seen by one practitioner at a time.

### ELSA Strategy Sessions

ELSA sessions work towards building up a child's skill set in a particular area, which can be around a variety of things including emotions. ELSA strategy blocks are made up of up to 6 sessions working on a specific area.

### Wellbeing Practitioner Sessions

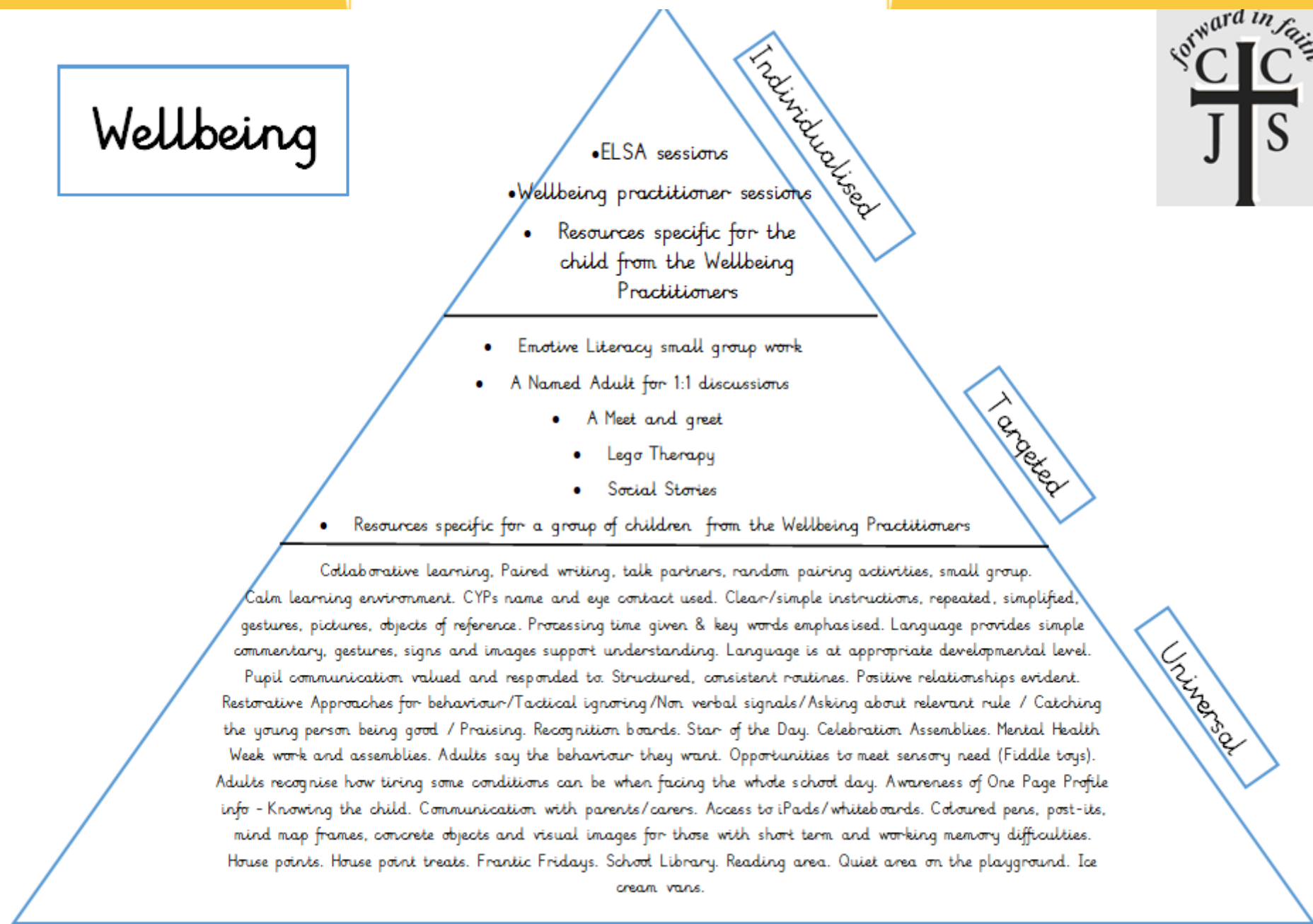
This is a form of mental health support that involves talking with the same adult for a block of sessions. This provides a safe and confidential space for students to talk about their worries, concerns and how they are feeling. Blocks are made up of either 2, 4 or 6 sessions, which will be decided by the Wellbeing Team.

### What is confidentiality?

"Confidential" means we won't discuss what is talked about in sessions with parents/carers, friends, teachers or others- unless something that makes us worried about their safety or the safety of another young person. We may sometimes speak with parents, carers or wellbeing staff about things that are worrying them.

# Our Whole School Well-Being Offer-Adaptive Teaching

## Wellbeing

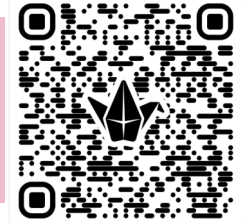


# Helpful Resources



Stockport Inclusion Service • 13d

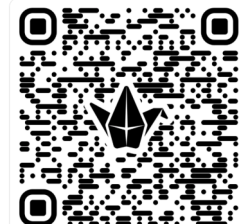
## Family resources: Emotional wellbeing and behaviour



Stockport Inclusion Service • 13d

## Transition support for Stockport students

Emotional wellbeing ideas for students, families and school staff



Stockport Autism Programme + 3 • 1d

## Stockport Neurodevelopmental Support for Children & Young People (5-16)

