Howard

Early Help Offer

Howard Early Help Offer
Removing Barriers to Learning

Rationale…	Providing early help to our children and families at Ackworth Howard means we are more effective in offering support as soon as we can. Early help means providing support as soon as a problem emerges, at any point in a child's life. Here at Ackworth Howard, we absolutely understand and empathise with just how complicated family life can be. From time to time, there may be situations where you need extra help and support. If things aren't right at home, please come and talk to us. We have an offer of Early Help. There are many ways in which we can support. We pride ourselves in knowing our children really well: we are alert to the welfare of our children and are vigilant regarding any situation in which we can provide support. We work collaboratively with our families to identify any additional needs and we seek at all times to support with openness, integrity and understanding. We place the needs of the child at the centre of all we do.
What is Early Help?	The purpose of early help is to prevent issues and problems becoming serious and harmful to a child or young person, their family and community. When children and families need this extra support, they often need it quickly. Provision of early help support can be at all stages of a child's life: pre-birth, during pregnancy, childhood or adolescence.
What does Early Help include?	Support for pupils which includes: • Promoting good attendance and punctuality. • Promoting self-esteem and confidence. • Promoting positive behaviour and positive attitudes to learning. • Providing individualised support. • Promoting positive wellbeing and secure emotional and mental health. Support for families which includes: • Providing information and signposting to other services in the local area. • Liaising with a range of external services such as housing and Family Support Workers. • Assistance in completing paperwork and forms e.g. housing, foodbank vouchers, attendance and support at school and other agency meetings. • Advice and support in promoting positive behaviour at home. • Guidance with personal development and access to workshops in school.
What support do we offer?	The Inclusion Team at Ackworth Howard is made up of Miss O'Brien (Deputy Headteacher and strategic lead for Inclusion), Mrs Longfield (SENDCo) and Mrs Thorpe (Social, Emotional, Mental Health and Wellbeing Advocate - SEMHW) who work in collaboration with Mr Walker (Headteacher and Safeguarding Lead) and all staff in school. They can offer advice on a range of concerns or can signpost parents to other sources of information, help and support. The Inclusion Team has developed a coherent framework for identifying needs creating precise interventions and timely monitoring to rapidly remove barriers to learning. You can find out more about our support offer on our school website along with a range of guidance and support: https://www.ackworthhowardschool.co.uk/wellbeing
What sort of concerns might parents share with our team?	A wide range of issues such as behaviour management, financial worries and debts, domestic abuse, housing concerns, mobility difficulties, parents in prison, bereavement and loss, cyber bullying, family pressures, relationships in the home – in fact any concerns which you are worried might be having a negative impact on your children.

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What might we offer to help a child or family?	We can offer a wide range of support for families and individuals, including bespoke strategies and interventions to suit the needs for a variety of situations. The members of the inclusion team, and all staff, participate in regular professional development to keep up to date with the best advice on how to support the emotional and social well-being of pupils and families.
	We can offer support at classroom level - whereby inclusive strategies or discrete procedures are put in place to alleviate challenges or overcome emotional barriers to learning, such as extra time with the teacher or learning support assistant.
	Small group or 1:1 intervention is another option, dependent on the situation and can often help with issues surrounding friendships which can be the underlying issue in many cases of stress or anxiety in children.
	To help with anxiety in children, we engage with the Futures in Mind project and make use of the mindfulness strategies to promote positive mental health.
	Some attendance issues can be solved through regular sessions with our SEMHW Advocate or through attendance to our Breakfast club, if further help is required we can seek the support of our Education Welfare Officer (EWO).
	If we feel further support and guidance is needed to help a child in the long term, then individual care plans can be created involving the pupil, parents and relevant health professionals.
How might the support be managed?	There are a range of ways of delivering support. Informal pastoral support meetings with a record of conversation might be all that is required. Individual Plans and Risk Assessments can be used to support individual pupils. For pupils at risk of exclusion Wakefield Support Frameworks could be initiated which involve frequent meetings between school, home and pupils to work together on agreed targets. Individual Boxall assessments will generate action plans for interventions and home plans can be drawn up for parents to use.
	If referral to the Wakefield Children's First Hub is requested the school will work to draw up the documents with the parents and if accepted there will be a meeting set up to plan and action the support required through a multi- agency team.
How will safeguarding procedures be effective in supporting families?	Ackworth Howard has four trained Designated Safeguarding Leads. All staff are trained to identify and report safeguarding concerns. Where concerns are raised the school will follow the reporting procedures. The team will work with families and all relevant agencies through Child in Need or Child Protection teams to reduce and remove identified risks to children. Support will be given to families by social workers and other relevant agencies including school.
	You can find out more about our safeguarding offer on our school website: https://www.ackworthhowardschool.co.uk/wellbeing/safeguarding
How will our pupils learn to keep themselves safe?	Through school initiatives, pupils are taught to be able to talk about their emotional mental health and wellbeing as well as implementing strategies themselves to cope with anxieties and other barriers.
	Curriculum provision and additional work from outside agencies including the NSPCC and the police support our children in learning how to keep themselves safe. Children are also made aware of the role of the Inclusion Team in supporting them and many access the team independently. A number of external agencies are drawn upon such as the School Nurse and the Wakefield Road Safety Team who deliver workshops, assemblies and courses. A number of resources are shared with pupils in assemblies and through the children's Stay Safe display.
	You can find out more about our curriculum offer on our school website. Here is the link to our Personal Development curriculum offer which is relevant to this section and outlines all the support and initiatives on offer to ensure pupils learn how to keep themselves safe: https://www.ackworthhowardschool.co.uk/curriculum/why-personal-development-important

How will mental health be supported?	Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community. (World Health Organisation)
	Our mental health lead is Miss O'Brien (Deputy Headteacher)
	We understand the impact that the global pandemic of coronavirus will have on our staff and students. At our school, we aim to promote positive mental health for every member of our school community as well as respond to mental ill health. We will ensure emotional support is provided especially during stressful times e.g. SATs.
	We understand that taking a listening and empathetic approach is important when talking to students about their mental health issues. This can sometimes be what is initially needed by the pupil rather than advice or direction. If there are any safeguarding concerns discussion with the DSL will take place.
	We ensure the metal wellbeing of our staff and pupils through an open, accepting and empathetic ethos. The core Christian values of the school, particularly compassion and friendship emphasise the importance of other's feelings and we endeavour to live and model these values, every day.
	Our curriculum is underpinned by personal, social and health development whereby children continually develop their understanding of how to live a healthy lifestyle - including emotional, social and physical health principles. Our school also offers experiences to promote positive mental health including an after-school reading club specifically designed for 'Healthy hearts and minds.'
	When we feel someone is struggling with their mental wellbeing and health, concerns can be logged through school systems CPOMS - and the appropriate member of the pastoral team will set a plan in motion for getting the pupil back on track. This is closely monitored and updated on the school's internal system and parents are kept informed with updates.
	The school's learning mentor will be directed to support children who require support with their mental wellbeing and health and further advice / support is sought from the Futures in Mind project, with their recommendations utilised and closely monitored through CPOMS.
	Mental health of staff is further supported through the SAS package which offers many benefits including health screening days, stress awareness sessions, counselling and physiotherapy. All of these services are displayed prominently on the staff wellbeing board. The Futures in Mind CAMHS link have also led staff meetings on mindfulness to promote healthy habits and positive mental health with the teaching and support staff.
	We use Wakefield Resilience framework to build resilience in our pupils: https://www.riskandresilience.org.uk/ As well as embedding the following into our curriculum: https://www.pshe-association.org.uk/curriculum-and-resources/resources Other sources of support include: Improving children's mental health in schools – Place2Be Young Minds Professionals https://youngminds.org.uk/youngminds-professionals/ Dedicated to self-harm recovery, insight and support https://www.selfharm.co.uk/ Beat Eating Disorders https://www.beateatingdisorders.org.uk/types/do-i-have-an-eating-disorder Mental health and behaviour in schools https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2 Anxiety UK www.anxietyuk.org.uk OCD UK www.ocduk.org Depression Alliance www.depressoinalliance.org Eating Disorders www.b-eat.co.uk and www.inourhands.com National Self-Harm Network www.nshn.co.uk Suicidal thoughts Prevention of young suicide UK – PAPYRUS: www.papyrus-uk.org Advice and support on mental health problems www.mind.org.uk E-learning www.minded.org.uk Tackles the stigma of mental health www.time-to-change.org.uk Challenges attitudes towards mental health www.rethink.org

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Who might the school refer to?	Children's First Hub Children and Young People's Services The Fair Access Panel Counselling Services School Nurse Futures in Mind CAHMS link Speech and Language Therapist Educational Psychologist Young Carers Local Authority Family Services team Educational Welfare Officer
Signposting: agencies the school might suggest as sources of further support	Wakefield Early Help Directory Citizens Advice Bureau WDDAS – Domestic Abuse Support MASH Team – Multi Agency Safeguarding Team GPs Virtual School - CIC Occupational Therapists Paediatricians Children and Young People's Services The Early Help Team Speech and Language Therapist School Nurse Young Carers One Life Freedom Project DIAL Housing Associations Food Bank Children's First Hub Children and Adolescent Mental Health Service You can find out more help and support on our school website along with a range of guidance and support: https://www.ackworthhowardschool.co.uk/wellbeing
When should I contact the Inclusion Team?	Contact us when you have a concern which is affecting your child(ren). We will always try to see you quickly or to give you a call to find out what the problem is and arrange to meet and discuss it with you. A copy of our communication procedures can be found on our website: https://www.ackworthhowardschool.co.uk/parents/communication
Policies	School policies are available on our website or paper copies can be requested from the school office. Relevant policies include: Safeguarding and Child Protection Policy Special Educational Needs Policy E-Safety Policy Mental Health and Wellbeing Policy Behaviour Policies including Anti-Bullying A copy of our school policies can be found on our website: https://www.ackworthhowardschool.co.uk/information/school-policies