



The Graduated Approach to Mental Health Support

Compassion, Self-Awareness, Aspiration, Commitment, Resilience and
Integrity

Mental Health Support at Nonsuch Primary School

At Nonsuch Primary School, we are committed to promoting positive mental health and emotional wellbeing as a fundamental part of our inclusive ethos. We recognise that mental health is essential to learning, behaviour, and relationships, and that children who feel safe, understood, and valued are best placed to thrive academically and personally. Our approach is preventative, proactive, and rooted in early identification — ensuring that all pupils receive the right support at the right time. We adopt a graduated model of intervention that builds from universal classroom practice to targeted and specialist support, in line with our safeguarding and inclusion policies. This approach aligns with the Ofsted Education Inspection Framework (EIF), which emphasises the importance of supporting pupils' personal development, behaviour, and attitudes through a culture of care, inclusion, and high expectations.

Our Vision and Ethos for Mental Health Support at Nonsuch Primary

Our vision is to create a nurturing, resilient school community where every child's mental health is valued and supported as part of their holistic development. We aim to foster an environment where emotional literacy, self-regulation, and positive relationships are actively taught, modelled, and celebrated. Staff are trained to notice, listen, and respond with empathy, ensuring that mental health support is embedded in daily practice rather than treated as an add-on. We work collaboratively with families, external professionals, and the wider community to ensure that every pupil can flourish. In line with the Ofsted EIF, our ethos promotes a culture where pupils are equipped with the skills, knowledge, and confidence to manage challenges, maintain wellbeing, and engage positively with learning and life.

At Nonsuch, we are committed to supporting the whole child to feel safe, supported, and secure. Our graduated approach to supporting children with mental health difficulties:

Wave of intervention	What?	By Whom?
<p>Wave 1</p>	<ul style="list-style-type: none"> • Daily greeting – speak personally to every child • Emotional check-in (time spent with TA to talk in the morning) – particular children who may have raised concern • Mindfulness / PSHE curriculum • Collective Worship / Reflection • House Teams – creating a sense of belonging • Social Stories • Student Leadership Team accessible to pupils • Class teacher conversations with parents to share concerns • Book corner – quiet reading time / breakout space • Attendance monitoring – identifying patterns to absence • Emotion cards – non-verbal signal • Early Help support • Whole school themes e.g. Anti-bullying week 	<ul style="list-style-type: none"> • Class teachers • Teaching assistants • Inclusion Lead and Certified Mental Health Lead (Miss Wyatt) • SLT • DSLs • Attendance Lead
<p>Wave 2</p>	<ul style="list-style-type: none"> • Bereavement – memory books / stories • Inclusion Lead– 1:1 basis – if concerns have been raised at emotional check in or in class diary • Three Houses • Certified Mental Health Leader’s (Miss Wyatt) conversations with parents • Mental Health training for staff e.g. Anxiety, ACES, Attachment • School website - dedicated page for Emotional Wellbeing and Emotional/Mental Health • Inclusion Lead involvement (Miss Wyatt) – conversations / meetings with parents • Liaison with outside agencies (multi-agency approach) e.g. FSW / social workers 	<ul style="list-style-type: none"> • Miss Wyatt (Inclusion Lead and Certified Mental Health Lead) • Mrs Anderton (mental health for children trained) • SLT • DSLs
<p>Wave 3</p>	<ul style="list-style-type: none"> • Outside agency referrals – e.g. STICK/ Spurgeons / Barnardos / Emotional Wellbeing Worker • Direct work – student counsellor / student social worker • Referral to external support – psychotherapy / Drawing and Talking Intervention • Think Family / Request for Service referrals – family support • Early Help assessments • Child and young person Mental Health First Aider Training – Mrs Anderton 	<ul style="list-style-type: none"> • Miss Wyatt (Inclusion Lead and Certified Mental Health Lead) • Mrs Anderton (mental health for children trained) • SLT • DSLs