



"Aiming High, Achieving Together."

Merton Infant School Mental Health Strategy

Whole school programme Parents/Carers Staff

Mindfulness programme delivered through Jigsaw
Circle times
Assembly programme
Staff & Student Voice activities - Surveys (e.g. Wellbeing)
Staff Mindfulness Courses
Staff CPD – Wellbeing Workshops
Parental workshops
Cosmic Kids Yoga sessions
Class emotion chart – Colour Monsters
Themed days / weeks
Social stories
Trick Box

Students involved-

Years R- 2 taught Jigsaw as part of the curriculum 45 mins a week

People involved-

Teachers
Inclusion Manager
ELSA
LSAs
Lunchtime Supervisors
Outside Agency professionals (where required)

Tier 1 Provision

Triage (HT / DHT / Inclusion Manager) 3+ incidents can suggest:

1. ELSA / Nurture referral / parent discussion
2. Signposting to resources (if ELSA support is not wanted)
3. Referral to Safeguarding Team (DSL/DDSL) or escalation to Tier2 based on above assessment

Additional Tier 1 Provision:

ELSA / Nurture sessions
1:1 or group work
FEIPS
Targeted bespoke Stress Management and Wellbeing Sessions
Level 2 FSS referral for SOS (Sessions of Support)

People Involved:-

Teachers
Inclusion Manager
ELSA
School Nurse
LSAs
Lunchtime Supervisors
Parents / carers
Outside Agency professionals (where required)

Tier 2 Provision

Offer:-

Early Help Hub (incl. family support) via Children's Social Services L4 - 3
Individual session with ELSA for bereavement using school's programme / FEIPS
Regular scheduled appointments with ELSA
Referral to NHS support
Referral to MHST

People Involved:-

NHS
Bereavement Counselling
ELSA
Outside Agency professionals (where required)
Parents / carers

Tier 3 Provision

Psychologist Referral (via Inclusion Manager)
Community Social Work phone consultation (via DSL)
Children's Social Services Referral (via DSL)
CAMHS Referral - CAST (Consultation, Advice, Support and Training)
(Via DSL-MH or Inclusion Manager)

People Involved:-

Children's Social Services
CAMHS
Wellbeing Counsellors
School ELSA
Outside Agency professionals (where required)
Parents / carers