

Personalised Support

Children

We recognise that some children may need additional support with their mental health and wellbeing. Children can see our Pupil & Family Support Worker for one to one or group sessions, as well as access our intervention programmes.

Our mental health pathways to support are shown in our Pupil Wellbeing Pyramid (available on our website).

- 1:1 Bespoke Programmes
- Drawing and Talking
- Sand Play Therapy
- The Decider (CBT based intervention)
- Emotion Coaching
- Mindfulness (yoga, play therapy etc.)
- Lego Therapy
- Zones of Regulation

Specialised support is also available through referrals to external agencies.

Families

We recognise that family circumstances change, and we are keen to support those that need it, when they need it. This can be done through both practical support and advice.

- Pre-loved school uniform (also part of our sustainability goal)
- Food bank vouchers
- Support with funding for trips/residentials
- After school activity clubs: We can offer free places to some of our after-school activity clubs. Free places are based on need and are identified in school or requested by the family
- Travel support
- Referrals to other services (Early Help, CAMHS, The Resilience Team, Healthy Families Services, Compass Phoenix, Young Carers, Just B)
- Signposting – to local and national specialist support

We love receiving feedback through our regular parent surveys, so we encourage you to complete these to help us continue to improve our offer.



Supporting Children and Families at Coppice Valley Primary School

At Coppice Valley, we provide diverse support options for children and families. This guide offers an overview of our approach, outlining our 'core' support and detailing how we personalise assistance to meet individual and family requirements.

We encourage you to keep this handbook accessible, perhaps on your fridge. Should you ever need assistance, remember that we're here for you. Contact us via support@cvps.rklt.co.uk, reach out to the school office, or speak directly with a staff member.



Support for All Children

These key elements form part of our core curriculum offer and are delivered through preventative lessons from reception to year six. We believe that to enable children to learn, we must support their personal development, mental health and wellbeing.



Personal Development Curriculum

- **PSHE:** We timetable weekly lessons focusing on various aspects of personal development, wellbeing, relationships, and healthy living. Coppice Valley is an accredited SMSC provider.
- **Circle Time:** This is a weekly, in-class session, led by the class teacher. This is bespoke to the class's needs.
- **Coppice 50:** 50 bespoke activities and experiences that enhance our children's curriculum learning. Each experience has been carefully chosen to enrich our pupils' social, moral, spiritual and cultural education.

Taught Strategies

- Mental Health & Wellbeing Toolkit
- Mindful Breathing Techniques
- Emotions Board
- Worry Box



Child-Centred Approach

- Child Friendly Policies
- Calm Club
- After School Clubs
- Mental Health Ambassadors
- Pupil Voice Conferences
- Growing up in North Yorkshire Survey (data informed practice)

Support for All Families

We have range of ways we support all families. These are some key parts of our offer which we encourage all families to make use of.



- **Community Hub:** A drop-in space to access free resources and advice. This includes pre-loved school uniform, meet and greet with our Family and Wellbeing Support Worker and access to other resources.
- **SEND/Mental Health Drop-Ins:** Half termly drop-in sessions with our SEND and Mental Health Leaders.
- **Workshops:** We offer workshops for parents and carers across the school year, aimed at topics which are of interest to our parent community.
- **Family Support Newsletter:** A termly newsletter from our Parent Council.
- **Online Parenting Courses:** Solihull Courses offered to families free of charge. You can access these through the link and password on our school website.

Information and Signposting

- **Weekly Updates:** We write weekly social media posts #coppicewellbeingwednesdays as well as including information in our weekly e-mail from the Headteacher.
- **School Website:** Here we have an updated directory of local and national mental health and wellbeing services.
- **Shared Resources:** We have books and packs for loan to support mental health and wellbeing. Contact support@cvps.rklt.co.uk for more information.

Building Connections with the Coppice Family

We know how important it is to build and maintain connections with our whole school community. These are just some of the ways we support families to do this.

- Community Allotment
- Family Breakfasts
- PTFA
- Parent Council
- Volunteering Opportunities (including projects in school)
- Family Friendly Events (craft afternoons, seasonal fairs, parent/child cooking club, art show etc.)