



# Primary school offer

Over the last 18 months we have been testing and learning different approaches and offers to meet the needs of our local young people, families and education settings.

We are pleased to say we are now able to share our offer for the academic year 2022/2023.

Our menu of options has been designed to offer flexibility and choice, and to be needs-led to meet children's, young people's and education settings' needs. We hope to achieve this by offering a variety of interventions, workshops, assemblies, whole school approaches, support, guidance and self-help.

Alongside the menu, in partnership with our MHST education settings, we will also create a termly newsletter for education staff, parents, children/young people and wider partners.

Our menu takes into consideration significant points of the academic year such as transition into and out of education, SATs and exams and managing other changes.

For further information please contact your Education Mental Health Practitioner or email [hnf-tr.hullmhst@nhs.net](mailto:hnf-tr.hullmhst@nhs.net).



# Children and young people

Target Audience	Option	Aim and Outcome
<b>Children</b> <b>Year 1 &amp; 2</b>	<ul style="list-style-type: none"> <li>Year 1 and 2 – “Managing my Worries” Assembly (approx. 30-45 minutes)</li> </ul>	<p>The aim is to introduce worry management from an early age to empower children to understand themselves and become equipped with simple strategies that they can understand and utilise from as young as 5 years of age to prevent wherever possible mental health needs from developing.</p>
<b>Children</b> <b>Year 1 &amp; 2</b>	<ul style="list-style-type: none"> <li>Year 1 and 2 – Summer term “Five Ways to Wellbeing” small group session</li> </ul>	<p>The aim of “Five Ways to Wellbeing” for younger children is to offer universal targeted support in the summer term around building resilience and self-help skills for some of our younger children to support with transition into the next school year.</p>
<b>Children</b> <b>Year 2</b>	<ul style="list-style-type: none"> <li>Year 2 - Spring term SATs focused “Lunch &amp; Learn”</li> </ul>	<p>The aim of “Lunch &amp; Learn” is to offer a supportive informal space that builds on relationships and empowers children to use the people around them to share how they are feeling and indirectly become equipped with strategies and tools to respond to and manage anxiety and worry.</p>



# Children and young people

Target Audience	Option	Aim and Outcome
<b>Children</b> Year 3, 4 and 5	<ul style="list-style-type: none"><li>Year 3, 4 or 5 – Whole class psychoeducation sessions “Healthy Mind Happy Me” (1.5 hours per week for 4 weeks)</li></ul>	The aim is to deliver a whole class approach using psychoeducation-based sessions to build awareness of self and others, share knowledge and skills around self-help to enable children to experience positive mental health and thrive within their communities.
<b>Children</b> Year 4 to 6	<ul style="list-style-type: none"><li>Year 4 to Year 6 - targeted therapeutic group work (1.5 hours per week for 6 weeks)</li></ul>	The aim is to deliver an integrated evidence-based targeted group work programme to build and improve relationships, social interaction, and equip children with skills and techniques to manage life’s challenges through using elements of Cognitive Behaviour Therapy (CBT) and utilising group dynamics to empower children to experience positive mental health.



# Children and young people

Target Audience	Option	Aim and Outcome
<p><b>Children</b></p> <p><b>Year 5 and 6</b></p>	<ul style="list-style-type: none"> <li>Year 5 and 6 pupils - 1:1 CBT informed work</li> </ul>	<p>The aim is to identify from the below list the most suitable approach to meet the child's needs and deliver the sessions on a 1:1 basis. These sessions also include parent and school involvement to achieve positive outcomes for the child and share strategies to sustain good emotional and mental health:</p> <ul style="list-style-type: none"> <li>Behavioural activation</li> <li>Graded exposure</li> <li>Problem solving</li> <li>Sleep hygiene</li> <li>Psycho education</li> <li>Self-esteem/confidence</li> <li>Panic</li> <li>Worry management</li> </ul>
<p><b>Children</b></p> <p><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>Year 6 - spring term transition "Change Ready" whole class and targeted small group sessions</li> </ul>	<p>The aim is to deliver whole class and small targeted groups as needed around change and transition. These sessions incorporate evidence-based activities to identify and manage changes in emotions, including anxiety and worry around transition and offers relationship-based support and CBT techniques to equip children with strategies to support transition.</p>



# Parents and carers

Target Audience	Option	Aim and Outcome
Parents/Carers	<ul style="list-style-type: none"><li>Weekly/fortnightly parent/carer drop in (9-10am or 2-3pm)</li></ul>	The aim of the drop-in sessions is to offer support to your parents/carers by attending any coffee mornings or parent/carer afternoons your setting may already have established. Alternatively, we can work in partnership with you to develop these within your setting. The aim will be to offer topic based drop-in sessions focussing for example on low mood, anxiety or sleep as an informal non-request for support offer.
Parents/Carers	<ul style="list-style-type: none"><li>Parent-led CBT group</li></ul>	Parent-led CBT (Cognitive Behavioural Therapy) is a request for support-based offer that works through an evidence-based model to equip families with the awareness and understanding around anxiety, it empowers parents/carers with the strategies and tools to support their child to understand and respond to anxious feelings. The aim is to empower families and children to self-help whilst being supported by the Mental Health Support Team. The outcome being greater awareness and understanding of anxiety and increased confidence to manage anxious feelings.



# School staff

Target Audience	Option	Aim and Outcome
School Staff	<ul style="list-style-type: none"> <li>Attendance at staff briefings and staff induction days</li> </ul>	<p>The aim will be to keep all staff updated on the MHST offer and share how we work within your setting and how staff can find practitioners. We will answer any questions and/or share new information or processes. The outcome will be better integration into your setting and opportunity for relationship building.</p>
School Staff	<ul style="list-style-type: none"> <li>Consult to refer meetings</li> </ul>	<p>The aim is to offer staff opportunity to consult with Education Mental Health Practitioners about children's needs and experiences and identify together what would best support the child. The outcome being timely support for children using a needs-led approach, school staff will feel empowered and better equipped to understand the offer and identify confidently what a child may need, and children and families will not experience inappropriate referrals or requests for support.</p>
School Staff	<ul style="list-style-type: none"> <li>Trauma informed whole school approaches and staff training (additional information on offer 1, 2 and 3 can be requested)</li> </ul>	<p>The aim is to build capacity within the staffing structure around trauma informed care, building staff's understanding and confidence to be with children and families and understand what has happened rather than what is wrong. These whole school approaches use a value base that holds individuals' unique experiences at the heart of how we understand an individual and how to build and maintain strong lasting relationships to improve outcome and increase life chances.</p>