

# Low Hill Nursery School – SEMH Provision



## **Universal**

Work on a universal level supports the full population of the education setting, meaning that it is accessible to all without the need to have a special need.

Books and stories from the Wellbeing framework on a range of topics, including naming emotions, managing feelings, relationships, kindness, etc

## **Targeted**

The targeted level provides support or resources for those who require input above what is provided to all children within the setting.

Group work supports social, emotional wellbeing and personal development. Group work can target isolated or multiple areas of need.

## **Specialist**

Specialist services are those provided on a 1-to-1 level and usually includes assessments and interventions.

## Universal

- Staff training relating to SEMH
- Nursery to provide a range of opportunities for SEMH development for example, through specific strategies such as the wellbeing framework stories and activities, naming emotions, managing feelings, relationships, kindness etc
- Calm corner accessible to all during child initiated activity time. Area to have "Talking Tree" and resources to aid children's emotional regulation and communication
- Visual displays using emotional regulation zones, aided language display boards and coping toolbox prompts to be accessible in each group area
- Daily practice of mindful moments, calming/grounding activities, yoga style stretches, breathing, etc also to be modelled by Wellbeing Practitioner on a weekly basis
- Basic techniques for emotional regulation to be taught and supported through prompts and calm box
- Key workers to identify children in need of additional support, through observations and developing strong relationships with children and families
- Parent workshops accessible to all\*



## Targeted

- Base line assessment using Leuven Scale of Wellbeing for identified children
- Nurture group: small, regular support sessions in a quiet space
- Wellbeing Practitioner support sessions to focus on specific areas of personal, social and emotional development which may include:
  - Relax Kids
  - Story Massage
  - Legotherapy
  - Cosmic Kids Yoga Stories
  - Wellbeing Framework stories
  - targeted approach
  - Sensory activities
  - Relaxation exercises
- \*Parent workshop on referral basis
- Monitoring and analysis of behaviours using Star Trackers in line with the schools behaviour policy
- Regular progress review to assess need for further referral/specialist provision



## Specialist

- Staff training relating to SEMH
- Play Therapy
- Pastoral Support (including support at home, behaviour programme, and Early Help Assessment)
- Outside Agencies including:
  - INSPIRE
  - SNEYS
  - Educational Psychology
  - Strengthening Families Worker

