

# i-THRIVE

## The Beacon School

Educational Psychologist    Single Point of Access

Kent & Medway Dynamic Support Service

NELFT Enquiry Reviews

CYPMHS

Kooth

Early Intervention for Psychosis Team

Porchlight

Kent Resilience Hub

Early Help

Beat

Young Minds

School Health

Speech and Language Therapist Support

ELSA Sessions

Soft Play

Nurture Groups

Social Stories

Individualised Pastoral Interventions

Pat Dog

Lego Intervention

Mental Health First Aid Sessions

Lunchtime Play Plans

Dramatherapy

Girls/Boys Clubs

Sensory Sessions

Equine Therapeutic Experience

Managing Emotions

Play-therapy sessions

Outdoor Learning Sessions

Lunchtime Wellbeing Clubs

Seeking advice

Getting help

## i-THRIVE

Getting risk support

Further support

Kent & Medway CYPMHS

Kent & Medway Mental Health Crisis Line

999

Young Minds

Single Point of Access

Samaritans

Accident and Emergency Service

Childline

Eating Disorder Service

Mind

Relationship Clubs

Breakfast/Lunchtime Clubs

Early Help

Check in and Check Out

Sensory Circuits

Termly Time to Talk Sessions

Shout

Annual Wellbeing Questionnaires

Wellbeing Wednesdays

Wellbeing Observations

Learning Breaks

Mental Health First Aid Trained Staff across All Zones

Zones of Regulation

Use of Gym/Boxercise/Daily Mile

Inclusive Whole School Ethos Based on Trust and Respect

Open Door Approach – parents/carers and children know they are listened to

PROACT- SCIPr uk positive behaviour management strategies used consistently across school

Mental health Lead is also an active DSL

Wellbeing Cycle Support Plans

## Thriving

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**Thriving**