

Samuel Ward Academy Early Help Offer

At Samuel Ward Academy, we recognise the importance of early help to offer support to meet the needs of students.

Early Help is everybody's responsibility: together we will make sure that children, young people and their families are safe, happy and ready for school, work and life's challenges.

Early Help means better outcomes for children and families. Effective Early Help will resolve problems before they become overwhelming and require high cost, reactive services. Early Help enables children to be ready for school and more likely to achieve their full potential. We offer comprehensive student support and guidance, to ensure that the personal wellbeing of our students is catered for and that barriers to learning can be removed.

Below is a summary of our Early help interventions. If you feel your son/daughter may benefit from one of these interventions, please contact their Head of Year in the first instance.

<u>Early Help Intervention</u>	<u>Year Group/Target Group</u>	<u>Summary of intervention</u>
Inclusion Officer Support	All	Inclusion Officer to work on a one to one basis with students who have an identified need, whether that be social, emotional, behavioural or academic
Tutor	All	All students have an allocated for tutor who they see on a daily basis. This is their first point of contact for any issues, and parents also have email access to their child's tutor. Tutors are responsible for overseeing the academic and pastoral wellbeing of their group, and liaising with other staff within the school as required to ensure that the appropriate support is in place as soon as a need is identified.
Social Skills Group	All	For students who may appear isolated or being struggling with social interaction or peers. Run by the SEND Department.
School Nursing Team	All	School nurses available on a weekly basis (Thursday in the Wellbeing Centre) with both referrals and drop-in appointments to see students with medical or wellbeing needs. A student can attend the drop-in at lunchtime without a referral, or an appointment can be offered if a referral is made by a member of the Inclusion or Safeguarding team.

CISS (County Inclusion Support Service)	Yr 7-11	This is an outreach service for Suffolk mainstream schools seeking additional support for pupils with: a diagnosis of ASD, traits of ASD but no diagnosis, social and communication difficulties, social, emotional and mental health difficulties and all associated behaviours. For a referral to be made, the issues are usually having a significant impact on the daily school life of a pupil.
Personalised Timetable	All	Students who have particular medical needs, whether this is linked to physical or mental health, may be offered a bespoke timetable in conjunction with advice from their hospital consultant. In addition, some students are offered a bespoke timetable to meet their particular needs, whether on a temporary basis, or a permanent basis, on a case-by-case basis.
Referral to 4YP	All	4YP is a charity for children and young people who offer short-term time limited counselling. The company are based in Ipswich but counselling sessions take place in Haverhill, usually for around 6-8 weeks. Referrals can be made by the Inclusion or safeguarding team if there is an identified need.
Self-Esteem Group: "In search of me."	All	Run by an Inclusion Officer, students can be referred for 1-to-1 or small group support which aims to build and develop their self-esteem.
An Introduction to CBT	All	Miss Coe is trained in CBT (Cognitive Behavioural Therapy). Students suffering with anxiety issues or low mood in particular can have 1-to-1 or small group sessions with Miss Coe to work on making positive changes in their thinking patterns.
Junior Signpost (Wellbeing)	Year 8-11	10 week course run by ONE Haverhill which aims to focus on building self-esteem and confidence. Students can be referred via the school to this after-school off-site intervention which includes activities such as arts and crafts and sports.
Anger Management	All	1-to-1 or small group intervention lead by an Inclusion Officer for students who are struggling with anger management and emotional regulation.

Family Issues Group	All	1 to 1 or small group support for young people who may be suffering from difficult times at home for a variety of reasons. Lead by an Inclusion Officer.
Lunch Club	Years 7-11	A safe space in the Hub (year 7-8) or B19 (year 9-11) where students can come to have their lunch away from main areas. Some of the students that attend benefit from social interaction, reduced sensory stimulation and adult support with eating and communicating.
Young Carer support	All years	Working in partnership with Suffolk Young carers we offer regular drop in sessions with our young carers support worker and can make referrals for support for young people who are supporting a family member with a physical or mental illness.
Homework club	Years 7-11	Homework support Tuesday, Wednesday and Thursday in various locations dependent on year group. Students may opt-in or be required to attend as directed by their Tutor, Inclusion Office or Head of Year.
Mental Health First Aider Support	All years	The school has 3 qualified Mental Health First Aiders who can work with students who may be struggling with mental health issues to identify whether there is a need for a referral for further support or whether support can be offered in school.
The Source	All years	http://www.4yp.org.uk/services/expert - The Source website offers free online counselling and support for young people aged 12-25 from 5-7pm on Monday, Tuesday and Wednesday. Students can self refer via the website link above.
Referral to Careers Advisor	All years	Particularly for students in KS4 and 5 but open to all years, any student needing advice on future careers or further education can see our careers advisor, Mrs Singleton, who is based in the library. She is available at break and lunchtimes or students can be referred via any member of staff

Referral to Turning Point	All years	Turning Point are an external agency who offer 1-to-1 support for young people who may be struggling with drug or alcohol issues. After completion of a DUST assessment (Drug Use Screening Tool) with a member of the safeguarding team, a referral can be made.
Referral to School Counsellor	All years	Students with ongoing issues who may have tried other forms of support with limited success may be referred to the school counselling service for longer-term support. Referrals can be made by a member of the Inclusion or Safeguarding Team for a variety of issues.
Online Safety Intervention Group	Years 7/8	For young people who may need support in the safe use of the internet, particularly social media. Students can be referred after a member of staff has raised concerns or if a student is considered to be vulnerable.
Self-Help	All years	Students may be guided towards self-help strategies. The school has a variety of support leaflets and a “Shelf Help” area in the library with books and resources to support a wide range of issues linked to wellbeing. Students may also be guided towards useful apps such as “Calm Harm” (for self-harm) or Headspace.
Alumina Self-Harm Support Group	All years	If a student is struggling with self-harm, they may be referred to the school nurse and/or the Alumina programme. This is a 6 week course run by a member of the safeguarding team for up to 6 students at a time. The course aims to look at safe alternatives to self-harm and coping strategies.
SEND Assessments	All years	Standardised assessments for any student where it is felt by staff or parents that an SEND need may be a barrier to achievement. Used to identify strengths and distinguish SEN needs from general underachievement and to identify eligibility for exam access arrangements.
Literacy and Numeracy Interventions	All years	Catch-up literacy/numeracy, LEXIA, Sound Discovery Synthetic Phonics word reading, reading comprehension, spelling, in-class support and extraction groups for any student who may be struggling with any aspect of literacy or numeracy.
Speech and language intervention	All years	For students who may have speech and language difficulties and need targeted intervention and support by the SEN department.

Motor skills group **All years** **For students who have difficulty with fine motor skills. Also includes handwriting practice and touch typing.**

Prince's Trust **Years 10-11** **Prince's Trust is a national organisation, set up by The Prince of Wales, offering 'life skills' courses to vulnerable young people to improve outcomes. It is aimed at students who fall into the typical 'social exclusion risk groups, and at school we offer it to selected KS4 students with SEN and/or social, emotional or behavioural difficulties. Group sizes are necessarily very small. It covers things like skills for work experience, applying for a job, writing a CV, staying healthy, managing money etc**

Forest School **Year 7** **An opportunity for children to find out things for themselves through encouragement. A chance to play outside of the classroom. To build on their resilience and resourcefulness . It allows them to develop their imagination and intuition to problem solve. Tackling emotional intelligence and teamwork.
Along with risk taking and self management. Physical activities include den building, cutting firewood, rope swing making, team games including hide and seek.
Coordination skills include: crafts made from natural resources, whistles, dreamcatchers etc., flora and fauna identification, making a wooden hammer, cooking on the camp fire..
It can help with confidence, peer learning/helping, emotional skills, coping with setbacks and well being.**

External Agency Support **All years** **The school work closely with external agencies to access additional support where appropriate, for example, CAMHS (Children and Young People's Mental Health Services) , PMHW (Primary Mental Health Worker), CAF and family support workers, social workers, Parenting programmes, local police and PCSO, and the Diversion Programme.**