Social, Emotional & Mental Health (SEMH) & Wellbeing Guidance

Appendix 3: Signposts for Families

Click to find support on…		
Anti-social behaviours in your community	Financial worries	School avoidance
Anxiety (including separation & general anxieties)	Homophobia (discrimination)	School transitions including welcoming to our school
Attendance	How to talk to your child(ren) about mental health	Self-harm
Bullying	Isolation	SEND needs
Challenging behaviours at home	LGBTQ+ matters	Family separation
Bereavement	Long term illness	Social media
Domestic abuse	Loss of friendships	Substance misuse
Eating disorders	New to areas/school	Uniform costs
Exploitation	PPG applications	
Family breakdowns and fallouts	Racism (discrimination)	

Background to Appendix 3
The Thameside Mental Health & Wellbeing Working Party 22-23 spoke to members from our school community to ensure that this part of the policy would best support the needs of our **families**. For **Appendix 3**, we gathered the thoughts and feelings of our **parents and carers**.

Parent & carer survey responses

What does mental health mean to you?	
It's not a buzz word. It's a massive topic with many feelings around it. How do we best communicate what it means to children? Day to day feelings.	
Summarise good mental health in one word	**Summarise bad mental health in one word**
Happy Colourful Vibrancy Motivation Positive	Gloom Confused Numb Empty

Parental worries…	How we can help…
We sometimes don't understand letters.	Please let us know and we'd be happy to talk you through any letter you receive (whether it's from school or from elsewhere). Contact familyhub@thameside.reading.sch.uk and Miss Roseaman will identify the best person to help you.
We can get overwhelmed by too much or too little information. We like plenty of notice and reminders.	School now has 'Daily Key Messages' (emailed to parents/careres in one email) to reduce the number of emails sent to families in one day. We sent reminders about important events by text because we recognise that not all parents access their emails regularly. We have key dates for the term on the newsletter, including dates of class assemblies and 'What's happening next week?' The school surveys parents each big term and would welcome further ideas on how to further develop our communication to get it right for you.
We get confused about what acronyms mean and don't like to ask.	List of acronyms that you may commonly hear during school meetings: EHCP - Education Health and Care Plan (replaced Statement of educational needs) SENDCo - Special Educational Needs & Disabilities Coordinator PEP - Personal Education Plan TAF - Team around the family TAC - Team around the child FSW - Family Support worker ASW – Attendance Support Worker EP - Educational Psychologist SALT - Speech and Language Therapist SPL - Speech and Language IEP - Individual Education Plan / Learning Plan AO - Attendance Officer PP - Pupil Premium CLA – Child Looked After TA - Teaching Assistant LSA - Learning Support Assistant HLTA - Higher Level Teaching Assistant ELSA - Emotional Literacy Support Assistant AR - Accelerated Reader DSL – Designated Safeguarding Lead (& Deputy DSL) SLT - Senior Leadership Team OT - Occupational Therapy SLT - Senior Leadership Team PRU - Pupil Referral Unit CAMHS - Child Adolescent Mental Health Service LA - Local Authority PMHW- Primary Mental Health Worker AP – alternative provision OPP – One Page Profile EBSA- Emotional Based School Avoidance (EBSA), also known as Anxiety-Based School Avoidance (ABSA), is a term used to describe children and young people (CYP) who experience persistent challenges in attending school due to negative feelings, such as anxiety. BFfC - An independent, not-for-profit-company established in December 2018 to deliver the best possible opportunities for the children of Reading. Their responsibility is to deliver children's social care, early help & prevention and educational services (including SEND).
We would like to know about more free healthy things for families to do.	**Visit: https://brighterfuturesforchildren.org/for-parents-carers/family-activities/** **How else do you find out about the things to do for free with children in your area?** **Read the school newsletter** – we will share information for parents on free events in the local area

Join local Facebook groups – receive relevant notifications and reminder of free activities for kids near me.

Search engines – a search for 'Things to do with kids in Reading' will help the local in that area to find free and cheap days out.

Read local news and media - Read your local newspaper, the newsletters which pop through your letterbox and the local link magazine. The answers to your questions of 'the things to do near me with kids' will definitely be in there.

Adverts - Watch out for posters and leaflets in the window of your newsagents and post office.

Ideas for free and cheap days out or in…
The seaside -the most classic of all free days out
A walk in the countryside – free days out with the kids who enjoy nature
A picnic – free days out with kids who love to cook
The garden centre -free days out for kids with green fingers
The Park – great free days out with toddlers and older kids
Boats on the river
A local museum
An animal farm
The National Trust and English Heritage Properties
Art Galleries
Events at your local library
School fairs
A Village Show – free kid's activities near me that take place at the end of summer.
Dog, pet shows and open days at rescue centres
Paddling pool
Messy play
Sand play
Gardening
Puzzles and board games – free activities for kids can be also found on educational websites.
Baking
Drawing and craft – things to do today with kids who enjoy creating art
Memberships/subscriptions to organisations such as 'Historic Houses' or The National Trust
A 'Local Resident' discount card
Pay once and then get entry free
Groupon or TravelZoo

'Painting' the fence - give toddlers a big fluffy paint brush and a bucket of water and let them 'paint' your fence. Watching the posts change colour as they 'help' around the garden can keep younger children occupied and happy for hours!

Drama – raid your wardrobe for glitz, bring out the dressing up box, drape your living room in tablecloths for stage curtains and provide an old white sheet to design the background scene.

Universal Guidance & Support for Families

How do we support good mental health & wellbeing?

Support available for children…	Support available for parents/carers…
• Worry boxes in classrooms and online • ELSA • Friendly staff • Quiet/calm workspaces for children who need them • A key person for regular wellbeing check-ins • Buddy system • STORMBREAKS (Stormbreak is a Mentally Healthy Movement programme to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.) • Bespoke PSCHE curriculum written by the school for Thameside children • InsideOut toolkits to promote wellbeing and happiness • Active play leaders at lunchtimes to run games • Peer mentor support to help solve minor conflicts • Opportunities to represent the school in sports to raise self-esteem • A strong sense of belonging for all children in a school that welcomes and celebrates diversity • An Anti-Bullying and Anti-Racism policy to actively keep children safe from prejudice and harm • Access to specialist support e.g. Primary Mental Health Worker to help support you • School and Eco Councils - to give children a voice • Promote healthy eating and active life-styles	**THAMESIDE'S FAMILY HUB – in person support** Find out more about the support Miss Sophie Roseaman can offer your family here: **https://www.thameside.reading.sch.uk/page/?title=FAMILY+HUB&pid=312** **MY FAMILY COACH – online support** https://www.myfamilycoach.com/ My Family Coach is here to help! We all have times when we need some parenting support. With My Family Coach, you get all the help you need. Their help and ideas cover every stage of your child's development. They'll support you through the tough times, inspire you with new ideas, and share practical tips to make parenting that little bit easier. **STORMBREAK** Stormbreak is a Mentally Healthy Movement programme used at Thameside. Click on this link to find a Stormbreak to do at home! https://www.stormbreak.org.uk/videos/filter **Mental Health and Wellbeing Support – online links, resources & guidance** Please visit our section on the school website which promoting good mental health and wellbeing in the school community: https://www.thameside.reading.sch.uk/page/?title=Mental+Health+%26amp%3B+Wellbeing&pid=218 **Supporting Mental Health in Reading- an information page** https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=7JaOeLk2HLQ

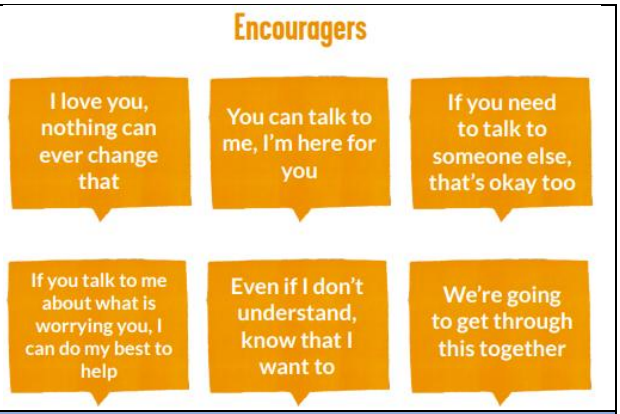
School contact information

Support with safeguarding:	head@thameside.reading.sch.uk (Mrs Greenaway, Headteacher)
Support with SEND matters:	inclusion@thameside.reading.sch.uk (Mrs Harkins, Assistant Head of Inclusion – who will direct parents to the right avenue of internal or external support)
Support with your child's emotional wellbeing, any family matters, aftercare or clubs:	familyhub@thameside.reading.sch.uk (Miss Roseaman, Family Hub lead and ELSA)
Curriculum and learning information or support:	deputy@thameside.reading.sch.uk (Mrs Burton, Deputy head)
Support with early reading, phonics and bullying:	assistanthead@thameside.reading.sch.uk (Miss Calvert, Assistant head)

Support for our Foundation Stage parents:	rthomas@thameside.reading.sch.uk (Mrs Thomas, Foundation Stage leader)

Specific Guidance & Support for Families

What questions do children wish their parents ask them?	
Young Minds asked young people: what questions do you wish your parents asked you? This is what they said…	**Other conversation starters…**
1. Where is a place you feel safe? 2. How do you feel about growing up? 3. Is there anyone who is upsetting you? 4. What are you most dreading this week? 5. What difficulties are you facing now? 6. When was the last time you were happy? 7. Is there anything else you'd like to talk about?	



Useful links

- https://www.youngminds.org.uk/parent/
- How to talk to your child about mental health: https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/
- https://brighterfuturesforchildren.org/for-parents-carers/mental-health-support-team/
- **Mental health signposting website for young people**

No5 youth counselling service has launched a new website to signpost young people to services and resources to help them with their mental health. The Looking for Direction site has been designed and developed by local young people in collaboration with Reading FC Community Trust. The site is built to match young people, aged 11-25, with support and services across the RG postcode area based on age, location and what type of support they say they are looking for. Visit the site at: https://signposting.no5.org.uk/.

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Attendance (including emotionally-based school avoidance)

Support available for children…	Support available for parents/carers…
• 'Good day bad day' exercise at school with a member of staff to see if can identify any specific triggers/worries about going to/being at school • ELSA session/check ins • Meeting with whole family to identify barriers and put support in place. • Primary Mental Health Worker (PMHW) support • Therapy e.g. Dog, Drawing & Talking, Play • Personalised timetables • Reduced timetables e.g. later starts, gradual increase of hours • Alternative Provision activities e.g. Autoskills, JACs • Daily check-in or welcome with key person • Buddy system	• Some one to listen as school avoidance can be highly stressful for parents/carers • Open/transparent conversations with support and advice • Reading One Partnership referrals for additional support • Family Hub to contact and arrange informal meetings for families • Family Hub to arrange more formal meetings and set targets, as required • Attendance Support Worker support and involvement • Family Worker support (either school based support or accessed through Brighter Futures for Children) • Improved attendance celebrated with home e.g. via texts, emails, verbal

Useful links

- BFfC – Emotionally-based school avoidance team: https://brighterfuturesforchildren.org/professionals/emotionally-based-school-avoidance/
- BFfC - Education Welfare Service: https://www.readingeducationservices.co.uk/Services/1134
- EBSA guidance for parents: https://www.supportservicesforeducation.co.uk/Page/19956Red Balloon in Reading (from age 11): https://www.redballoonlearner.org/locations/red-balloon-reading/
- BBC Toolkit (school anxiety & refusal): https://www.bbc.co.uk/bitesize/articles/zdkn3qt

- Young minds (school anxiety & refusal): https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/
- Anna Freud (addressing emotionally-based school avoidance): https://www.annafreud.org/schools-and-colleges/resources/addressing-emotionally-based-school-avoidance/
- Mentally healthy schools (supporting your child with school anxiety & refusal): https://mentallyhealthyschools.org.uk/resources/supporting-your-child-with-school-anxiety-and-refusal/
- Parent Kind (school anxiety & refusal): https://www.parentkind.org.uk/for-parents/health-and-wellbeing/school-anxiety-and-refusal
- School Avoidance Alliance: https://schoolavoidance.org/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Isolation

Support available for children…	Support available for parents/carers…
• Buddy allocated when start school to help with transition • Peer mediators help support lonely children at break times (& resolve peer conflicts) • One Page Profiles (OPPs) of teacher/staff displayed around school • One page profiles written by children annually to share with each other and their new teachers	• We hold new parent meetings • Visit the Weller Community Centre • Become a parent volunteer at school to get to know staff, other parents and children • Who to contact at school (see below) • Support to make links within school parenting community • Help to find/access groups and support eg Talking Therapies • Open door policies • Library sessions (chat space – open space to talk) • Staff One Page Profiles shared with weekly newsletter so that you can get to know the school community better and find common interests

Useful links

- British Red Cross (help with loneliness): https://www.redcross.org.uk/get-help/get-help-with-loneliness
- Mind (about loneliness): https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/
- Childline (support for children feeling lonely): https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation
- NHS (feeling lonely): https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/feeling-lonely/
- Find a community support group or organisation: https://www.gov.uk/find-a-community-support-group-or-organisation
- Weller Centre, Caversham: https://wellercentre.co.uk/
- Find a local social and activity club: https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=1p77nNMW8dw
- Chat, Connect, Befriend: https://rva.org.uk/chat-connect-befriend/
- https://contact.org.uk/wp-content/uploads/2021/03/forgotten_isolation_report.pdf

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Social media

Support available for children…	Support available for parents/carers…
• ICT code of conduct & e-safety policy	• ICT code of conduct & E-safety policy

• PSCHE and e-safety lessons on safe use of social media (including additional lessons where necessary) • Social networks made for children: https://www.internetmatters.org/resources/social-media-networks-made-for-kids/ • ChildNet has released a downloadable online safety story on their site, aimed at children aged three and above. Their objective is to make them aware of how to seek help. By following the link below you can also find simplified resources around the story, as well as the story itself. https://www.childnet.com/resources/hanni-and-the-magic-window/ • Section on website devoted to e-safety: https://www.thameside.reading.sch.uk/page/?title=E%2DSafety&pid=197	• Support from school staff and designated safeguarding leads to address anti-social and dangerous social media use if it happens at home • Anti-bullying policy and procedures in place – contact assistanthead@thameside.reading.sch.uk if you are concerned that your child is being bullied online. • E-safety guides in school newsletter with different topic each week e.g. https://nationalonlinesafety.com/guides • Section on website devoted to e-safety: https://www.thameside.reading.sch.uk/page/?title=E%2DSafety&pid=197

Useful links

Social media support & information:

- https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/
- https://www.internetmatters.org/resources/ukcis-social-media-guide-for-parents-and-carers/
- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/
- https://www.kidscape.org.uk/advice/advice-for-young-people/dealing-with-cyberbullying/staying-safe-on-social-media/
- https://saferinternet.org.uk/online-issue/social-media-3

Find out which apps are safe for your children…

- https://www.commonsensemedia.org/lists/safer-social-media-and-messaging-apps-for-kids
- https://www.internetmatters.org/resources/apps-guide/
- https://www.familyeducation.com/entertainment-activities/online/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of
- https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/app-age-rating/

- **Campaign to protect children online**
  Stuart and Amanda Stephens, whose son Olly was the victim of a fatal knife attack, are raising awareness of child safety online. The couple from Emmer Green have produced information guides with links to resources which will help parents to understand the potential risks to their children while they are online. They recommend parents watch:
- Capture – who's looking after the children - an FT film starring Jodie Whittaker and Paul Read which looks at online harm, regulation and responsibility.
- Panorama – A social media murder: Olly's story – featuring interviews with Mr & Mrs Stephens.
  The couple are also raising awareness of new free online workshops available to parents from The Ben Kinsella Trust. The workshops include topics such as the signs and effects of knife crime, how to talk to children about knife crime and how to spot warning signs in young people who may be at risk. You can find more details at:
- Ben Kinsella knife crime workshop for parents

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Bullying

In our school we use the definition of bullying outlined by the Anti-bullying Alliance: **'Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.'**	
Support available for children…	**Support available for parents/carers…**
• The school values of belonging, resilience, assurance, independence and integrity and no limits are promoted across the school day and the curriculum • PSHE education and other curriculum subjects are used to promote social and emotional skills including those needed to work together, show empathy, build friendships, get support and help others • PSHE education lessons are used to develop understanding of safety and how to stay safe • PSHE education lessons are used to develop understanding of bullying, its impact and ways to respond to bullying situations. PSHE education is also used to develop understanding of similarity and differences and the unacceptability of all forms of prejudice and bullying • Small group work interventions are used to support those who need extra help to develop their social and emotional aspects of learning • E-safety is taught across the curriculum and through assemblies and visual reminders around the school community • Regular whole school assemblies are also used to develop understanding of bullying, its impact and encourage reporting • The whole school participates in annual activities for anti-bullying week and a rolling programme of other events such as Black History Month, LGBT History Month, International Women's Day, Refugee Awareness Week, UK Disability History Month etc. • The whole school participates in Diversity week celebrating differences • Training Anti-Bullying Ambassadors who can cascade training and support pupils at playtimes • Celebrating differences though ensuring all pupils are 'seen' and represented in artwork around school, visuals in lessons and assemblies. • The School Council provides a forum for discussing any bullying issues and for the pupils to decide ways of preventing it and supporting those who are bullied • We regularly survey pupils wellbeing and use this to inform developments • Holding regular discussions with staff, volunteers, children, young people and families who use our organisation about bullying and how to prevent it. These discussions will focus on: - group members' responsibilities to look after one another and uphold the behaviour code - practising skills such as listening to each other - respecting the fact that we are all different - making sure that no one is without friends - dealing with problems in a positive way - checking that our anti-bullying measures are working well • Providing support and training for all staff and volunteers on dealing with all forms of bullying, including racial, sexist, homophobic and sexual bullying	• Parents / carers should contact Miss Calvert if they are worried about bullying – (assistanthead@thameside.reading.sch.uk) • The school has an Anti-Bullying Policy • https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/advice-parents-and-carers

• Actively create "safe spaces" for vulnerable children e.g. Positive play at lunchtimes. • putting clear and robust anti-bullying procedures in place • making sure our response to incidents of bullying takes into account: - the needs of the person being bullied - the needs of the person displaying bullying behaviour - needs of any bystanders - our organisation as a whole.	

Useful links

- https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/
- https://www.youngminds.org.uk/young-person/coping-with-life/bullying/
- https://anti-bullyingalliance.org.uk/tools-information/advice-and-support/if-youre-being-bullied/find-help-and-support
- https://www.familylives.org.uk/advice/bullying
- https://www.nspcc.org.uk/about-us/news-opinion/2021/bullying-advice/
- bullying - learning.nspcc.org.uk/child-abuse-and-neglect/bullying
- online abuse - learning.nspcc.org.uk/child-abuse-and-neglect/online-abuse
- protecting children from bullying and cyberbullying learning.nspcc.org.uk/child-abuse-and-neglect/bullying
- recognising and responding to abuse learning.nspcc.org.uk/child-abuse-and-neglect/recognising-and-responding-to-abuse
- https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/restorative-practice-0/what-restorative-practice

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Eating Disorders

Support available for children…	Support available for parents/carers…
• ELSA • School nurse/ CAMHS/PMHW/ Art/play/ Drawing & Talking Therapy – referrals can be made by the school • Key person check-ins • Positive play at breaktimes so that eating can be monitored/supported by an adult, if appropriate	• Family Hub Support and parenting groups • School nurse support • GP

Useful links

- https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/advice-for-parents/
- https://www.beateatingdisorders.org.uk/
- https://charliewaller.org/blog/eating-disorders-support-for-families/
- https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-support/
- https://www.lifeworkscommunity.com/eating-disorders-treatment/guide-to-uk-free-eating-disorders-helplines
- https://camhs.rdash.nhs.uk/eating-disorders/resources/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Bereavement

Support available for children…	Support available for parents/carers…
• Referral to Daisy's Dream • ELSA	• Daisy's Dream support

• PMHW/Therapy referral if appropriate • Positive play at lunchtime, if playground is too much • Make memory box or book • Access to picture books on loss • Key person check ins	• Family hub support with check ins and support for you • Support from class teacher and SLT offered • Referral for extra support through Early Help • Please also see links to charities below
Useful links	
• https://www.daisysdream.org.uk/ • https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/ • https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/children-and-bereavement/ • https://www.bbc.co.uk/tiny-happy-people/talking-to-child-about-death/zmh88hv • https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/sudden-death/ • https://www.barnardos.org.uk/what-we-do/helping-families/mental-health/grief-and-loss • https://www.mind.org.uk/information-support/guides-to-support-and-services/bereavement/useful-contacts/ • https://www.macmillan.org.uk/cancer-information-and-support/treatment/if-you-have-an-advanced-cancer/end-of-life/preparing-a-child-for-loss • https://www.mariecurie.org.uk/help/support/bereaved-family-friends/supporting-grieving-child/grief-affect-child • https://www.childbereavementuk.org/	
For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk **Back to support menu**	

Exploitation	
Support available for children…	**Support available for parents/carers…**
• PSCHE lessons to build resilience and self-worth to prevent involvement in criminal or sexual exploitation. Designated Safeguarding Lead support for pupil and for whole family • ELSA/therapy/police support/social care support	• Support for whole family from Designated Safeguarding Lead • Reading Children's Services support • CPSOs • Police • Charities – see links below
Useful links	
• Parents against child exploitation (PACE): https://paceuk.info/ • https://www.barnardos.org.uk/what-we-do/support-for-parents-and-carers/child-abuse-and-harm/child-sexual-abuse-and-exploitation • https://www.childrenssociety.org.uk/information/professionals/child-exploitation • https://www.barnardos.org.uk/what-we-do/support-for-parents-and-carers/child-abuse-and-harm/criminal-exploitation-children • https://www.childrenssociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines • https://www.stopitnow.org.uk/helpline/?utm_source=bing&utm_medium=ad&utm_campaign=stop-helpline&msclkid=0153b29be10412a78784d63e475bf02b • https://nationalcrimeagency.gov.uk/what-we-do/crime-threats/child-sexual-abuse-and-exploitation • https://safeguarding.network/content/safeguarding-resources/child-criminal-exploitation/ • https://www.lucyfaithfull.org.uk/ • https://supportingfamilies.blog.gov.uk/2017/11/07/how-can-we-support-parents-of-sexually-exploited-young-people/ • https://www.catch-22.org.uk/what-we-do/child-exploitation/	
For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk **Back to support menu**	

Homophobia (discrimination)

Support available for children…	Support available for parents/carers…
• PSCHE lessons to ensure that children understand what the protected characteristics are and that all diversity and differences should be celebrated • ELSA/therapy/police support (if hate crime) • Anti-bullying action plan put into place • Diversity weeks • Our RSE curriculum celebrates all types of families and teaches correct LGBTQ+ terms – we aim to educate and celebrate	• Support for whole family from school and DSLs • Involvement in anti-bullying action plan and review meetings

Useful links

- https://learning.nspcc.org.uk/safeguarding-child-protection/lgbtq-children-young-people
- https://www.barnardos.org.uk/what-we-do/supporting-young-people/lgbt
- https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/
- https://www.gov.uk/guidance/advice-and-support-for-lgbt-people
- https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/homophobic-bullying/
- https://www.supportline.org.uk/problems/sexuality/
- https://www.stonewall.org.uk/resources/introduction-supporting-lgbtq-children-and-young-people
- https://lgbt.foundation/helpline
- https://www.solgrid.org.uk/education/education-improvement/health-and-wellbeing/safeguarding-through-the-curriculum/challenging-homophobia/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Loss of friendships

Support available for children…	Support available for parents/carers…
• PSCHE lessons • Circle time • Buddy system • Circle of friends intervention • Positive play/Peer Mediators/Active Leaders • ELSA	• Family hub support • Class teachers and Anti-Bullying lead interventions

Useful links

- https://www.youngminds.org.uk/young-person/blog/how-to-cope-with-the-loss-of-a-friendship/
- https://www.childrenssociety.org.uk/sites/default/files/2020-10/friendship-guide-for-young-people_0.pdf
- https://www.bps.org.uk/psychologist/childrens-friendships
- https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/friendships/
- https://www.supportline.org.uk/problems/relationships-and-family/
- https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/helping-your-child-with-friendships/
- https://www.barnardos.org.uk/blog/your-child-struggling-make-friends-heres-how-you-can-help-them

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Self harm

Support available for children…	Support available for parents/carers…
• ELSA • School nurse/ CAMHS/PMHW/ Art/play/ Drawing & Talking Therapy – referrals can be made by the school • Key person check-ins • Positive play at breaktimes	• Support from school DSLs and SEND team • Family Hub Support and parenting groups • School nurse support • GP

Useful links

- https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/
- National self-harm support network: https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=Um0k_Epb28c
- https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/
- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/
- https://www.familylives.org.uk/advice/teenagers/health-wellbeing/self-harm
- https://www.barnardos.org.uk/what-we-do/helping-families/mental-health/supporting-your-child/self-harm
- https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/for-friends-and-family/
- https://www.childrenssociety.org.uk/what-we-do/blogs/understanding-self-harm
- https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/
- https://www.psych.ox.ac.uk/news/the-impact-of-self-harm-on-the-whole-family
- https://www.familysupportni.gov.uk/Support/48/self-harm-suicide-support

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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SEND Needs

Support available for children…	Support available for parents/carers…
• A school which welcomes and celebrates all differences • ELSA • Small group learning, work stations • Calm dens/corners • Sensory circuits, fiddle toys, additional movement breaks • Sensory swing • Sensory play area • School nurse/ CAMHS/PMHW/ Art/play/ Drawing & Talking Therapy – referrals can be made by the school • Small group learning • Positive play at breaktimes • Please view the Thameside local offer for more information on what the school offers: https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=6u40qILmJDg	• Support from school SEND team, contact: inclusion@thameside.reading.sch.uk • Family Hub Support and parenting groups • School nurse support • GP • EP/OT/SALT • LA SEND department • SEND Reading local offer: https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=3 • SENDIASS: https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=zeoPMiXSY6g • Parenting special children: https://www.parentingspecialchildren.co.uk/

Useful links
• The Inclusion section of our school website: https://www.thameside.reading.sch.uk/page/?title=Inclusion&pid=165 • Reading Service Guide: https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=0 • https://www.ipsea.org.uk/ • Information on diagnoses and conditions: https://contact.org.uk/help-for-families/ • https://www.gov.uk/children-with-special-educational-needs • https://www.family-action.org.uk/what-we-do/children-families/send/ • https://sendfs.co.uk/ • https://www.kids.org.uk/sendiass • Parent SEND toolkit: https://www.bbc.co.uk/bitesize/groups/c5vpkq13gpxt • https://www.mencap.org.uk/advice-and-support/children-and-young-people/send-system • https://disabilityunit.blog.gov.uk/2021/03/30/government-support-for-families-with-disabled-children/ • https://www.pookyknightsmith.com/keynote-send-mental-health/ • https://www.home-start.org.uk/ **Reading's SEND Local Offer** BFfC want to make sure every parent carer and professional in Reading who has a child or young person with special educational needs and/or disabilities (SEND), or is supporting a family with SEND, knows about the SEND Local Offer, and how to access it. The SEND Local Offer: www.readingsendlocaloffer.org SEND Local Offer is here for everyone in Reading. The directory website has lots of information and services that support children, young people and their families. Families and professionals can also contact the Family Information Service/SEND Local Offer, Monday to Friday, 9am-5pm on 0118 937 3777 (option 2) or email for support information localoffer@reading.gov.uk.
For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk **Back to support menu**

Family separation	
Support available for children…	**Support available for parents/carers…**
• ELSA • PMHW/Therapy referral if appropriate • Positive play at lunchtime, if playground is too much • Access to picture books on separation e.g. Mum and Dad Glue • Key person check ins	• Family hub support with check ins and support for you • Support and understanding form school pastoral team – SEND, DSLs, SLT • Please also see links to additional support below
Useful links	
• https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/ • https://www.childline.org.uk/info-advice/home-families/family-relationships/divorce-separation/ • https://www.familylives.org.uk/advice/divorce-and-separation/thinking-about-divorce/finding-support-during-divorce-separation • https://www.gingerbread.org.uk/find-information/managing-separation/helping-children-through-separation/ • https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/supporting-your-children-through-divorce-and-separation/ • https://www.citizensadvice.org.uk/family/	
For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk **Back to support menu**	

Substance misuse

Support available for children…	Support available for parents/carers…
• PSCHE/science lessons on substance misuse and the effect on our bodies • Social care support for child and family • ELSA • School nurse/ CAMHS/PMHW/ Art/play/ Drawing & Talking Therapy – referrals can be made by the school • Key person check-ins	• Support from school DSLs – could be parent or child substance misuse • Referral to children's services for targeted external support • Family Hub Support • School nurse support • GP • CAMHS

Useful links

- https://www.nhs.uk/live-well/addiction-support/advice-for-the-families-of-drug-users/
- https://www.childrenssociety.org.uk/what-we-do/our-work/substance-misuse
- https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/alcohol-drugs-parenting/
- https://alcoholchange.org.uk/alcohol-facts/fact-sheets/a-guide-to-family-support-services
- https://www.gov.uk/government/publications/parents-with-alcohol-and-drug-problems-support-resources
- https://www.forwardtrust.org.uk/service/m-pact-programme/
- https://www.barnardos.org.uk/what-we-do/helping-families/alcohol-and-substance-abuse
- https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/
- https://adfam.org.uk/help-for-families/understanding-the-issues/the-effects/
- https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/support-for-drug-and-alcohol-problems/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Racism (discrimination)

Show Racism the Red Card (SRtRC) is the UK's largest anti-racism educational charity they describe racism as; **'treating people badly or differently because of differences in skin colour, religion, nationality, culture'.**

Support available for children…	Support available for parents/carers…
• A diverse curriculum offer • Optics around the school celebrate a wide range of heritages • PSCHE lessons to ensure that children understand what the protected characteristics are and that all diversity and differences should be celebrated • ELSA/therapy/police support (if hate crime) • Anti-bullying/racism action plan put into place • Anti-racism campaigns e.g. Show Racism the Red Card • Staff trained on how to deal with racist incidents	• Anti-Racism policy: https://www.thameside.reading.sch.uk/page/?title=A%2E+STATUTORY+POLICIES+%28EDUCATION+LEGISLATION%29&pid=231&action=saved • Support from school to deal with racist incidents effectively • A headteacher who is part of the local authority's: Anti-Racism and Racial Equity Forum

Useful links

- https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/
- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/racism-and-mental-health/
- https://www.countryliving.com/uk/news/a37008095/anti-racism-charities/
- https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/
- https://www.actionforchildren.org.uk/about-us/equality-and-diversity/

- Racial harassment hotline: https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=IcHATl_Tp9Y
- Equality Advisory & Support service: https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=muMBocD-QdA
- https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/
- https://saricharity.org.uk/
- https://www.redcross.org.uk/get-involved/teaching-resources/talking-with-children-and-young-people-about-race-and-racism
- https://www.jrf.org.uk/report/supporting-and-empowering-victims-racist-harassment
- https://www.theredcard.org/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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New to area/school

Support available for children…	Support available for parents/carers…
• Introduce a school buddy (yr6 and same class buddy) • Peer mediators made aware of new child • One page profile • Behaviour & key expectations video to watch before start • Transition visits	• School visit and look round by staff • New welcome meeting and interaction from Family Hub lead • Links to Weller Centre and children's centres • Christmas Fair, Summer Fair, Class Assemblies, Food Festival and other community events • TSA Facebook groups • Class/Year group WhatsApp groups • Weekly newsletter including information on what's on in the local community

Useful links

- https://www.familiesonline.co.uk/local/west-berkshire/listing/caversham-childrens-centre
- https://www.visit-reading.com/explore/areas-to-visit/caversham
- https://educationhub.blog.gov.uk/2022/04/04/how-we-are-supporting-families-across-the-country-with-family-hubs/
- https://www.familylives.org.uk/advice/primary/learning-school/changing-primary-schools
- https://www.family-action.org.uk/what-we-do/children-families/family-support-services/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Anti-social behaviours in the community

Support available for children…	Support available for parents/carers…
• Taught through the PSHE curriculum • Peer Mediators • PMHW support • Family Hub support offered • Use of Therapeutic approach tools adopted throughout school	• Courses for parents to attend – links and direction supported through the Family Hub • Family Hub to work directly with families to address issues at home • Weller Centre links in the community • CPSO support

Useful links

- https://www.gov.uk/guidance/antisocial-behaviour-how-to-get-help
- https://www.stopitnow.org.uk/concerned-about-a-child-or-young-persons-sexual-behaviour/how-to-tell-if-a-childs-sexual-behaviour-is-age-appropriate/?utm_source=bing&utm_medium=ad&utm_campaign=stop-trafficlight&msclkid=83bc25858ba41bdd338241229ad2194f

- https://crimestoppers-uk.org/keeping-safe/community-family/antisocial-behaviour
- https://www.safe4me.co.uk/portfolio/asb/
- https://www.gov.uk/government/publications/anti-social-behaviour-action-plan
- https://www.supportline.org.uk/problems/anti-social-behaviour/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Challenging behaviours at home

Support available for children…	Support available for parents/carers…
• ELSA support in school • PMHW support • Good day/ bad day activity • Additional interventions in school via Family Hub/ELSA • Behaviour plans and team around the child support • Cranbury Behaviour Support / Advice if behaviour is similar at school • •	• Family Hub support • Referral for family worker family support • Working with parents at home (Home visits) • Regular check in's via phone, email, text and in person • Updates and regular monitoring • Signposting to parenting courses to attend • Target setting meetings with parents • HAF services for holidays link

Useful links

- https://www.challengingbehaviour.org.uk/what-we-do/supporting-families/
- https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour
- https://parents.actionforchildren.org.uk/behaviour/challenging-behaviour/
- https://www.challengingbehaviour.org.uk/for-family-carers/family-support-service/
- https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/how-to-deal-with-challenging-behaviour-in-children/
- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/
- https://www.family-action.org.uk/family-monsters/support/challenging-behaviour/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Uniform/costs of uniform

Support available for children…	Support available for parents/carers…
• Child incentives to wear uniform through celebration assemblies • Texts, postcards sent home to encourage and praise good uniform choices • Pupil voice to support their needs/concerns around uniform	• Policy shared with all parents • Links shared for parents to obtain uniform, school website • Offers of school uniform for struggling families via the Family Hub • New parent's meetings/New parents joining mid-year. Signpost and support with offering uniform • Second hand uniform sales organised by TSA • PPG funding support to buy uniform

Useful links

- https://www.citizensadvice.org.uk/family/education/help-with-school-costs/

- https://www.moneysavingexpert.com/news/2022/07/school-uniform-grants-low-income/
- https://www.turn2us.org.uk/About-Us/News/Back-to-school-financial-help

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Financial worries

Support available for children…	Support available for parents/carers…
• Reassurance through interventions, ELSA 1:1 sessions • Children to be encouraged to recycle, eg uniform, toys • Through learning and assemblies in school. PSHE scheme • Pupil voice around their worries	• Support offered through the Family Hub • BFFC Finance support officers (linked from Family Hub) • Meetings with Family Hub lead with above point but also in school to support • Food banks • Links to Weller Centre for resources • PPG and PPG+ in school eg clubs, after care • Support offered through school to pay for trips, after care, RYG

Useful links

- https://www.citizensadvice.org.uk/family/education/help-with-school-costs/
- https://www.gov.uk/browse/benefits/families
- https://www.family-action.org.uk/what-we-do/grants/
- https://www.gov.uk/guidance/check-what-financial-help-you-can-get-from-hmrc
- https://workingfamilies.org.uk/articles/cost-of-living-support-for-families/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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PPG applications

Support available for children…	Support available for parents/carers…
• Children of PPG/PPG+ to be able to access all school activities, curriculum based activity • Children to not feel targeted or different (address through ELSA)	• Support parents with PPG applications on arrival at school • PPG report sent to all parents • PPG report accessible on school website

Useful links

- https://brighterfuturesforchildren.org/for-parents-carers/schools/pupil-premium/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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School avoidance

Support available for children…	Support available for parents/carers…
• Support of ELSA • PMHW involvement • Pupil voice • Support to children – use of resources eg external professionals • AP timetable/Part time timetable	• Family Hub support direct working with parents • Links to courses online and real that can support • Links with staff, personalised timetables, AP resources shared with parents

Useful links

- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/
- https://www.schoolrefusal.co.uk/

- https://www.bbc.co.uk/bitesize/articles/zdkn3qt
- https://www.annafreud.org/schools-and-colleges/resources/addressing-emotionally-based-school-avoidance/
- https://mentallyhealthyschools.org.uk/resources/addressing-emotionally-based-school-avoidance/
- https://www.supportservicesforeducation.co.uk/Page/19956
- https://brighterfuturesforchildren.org/professionals/emotionally-based-school-avoidance/
- https://childtherapyservice.org.uk/emotionally-based-school-avoidance/
- https://beaconschoolsupport.co.uk/podcast/76
- https://brighterfuturesforchildren.org/wp-content/uploads/2022/11/Primary-Strategies-and-Toolkit-Final.pdf

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Long term illness

Support available for children…	Support available for parents/carers…
• ELSA sessions • Regular check in's • Resources eg books, websites • Strategies for children to use in school eg movement breaks, adults in school that the child can talk to • Support with asthma, diabetes or epipen medication etc	• Family Hub support • Signposts and links to websites, charities that support specific issues • Regular check in's • Respite care offered eg after care places • Care plans and risk assessments in place at school

Useful links

- https://www.rainbowtrust.org.uk/support-for-families
- https://www.cisfauk.org/
- https://www.patients-association.org.uk/long-term-conditions
- https://www.specialguardiansupport.org.uk/content/uploads/2017/07/Information-leaflet-Supporting-a-child-with-chronic-health-needs-2.pdf
- https://arc-swp.nihr.ac.uk/research/projects/mental-health-children-long-term-conditions/
- https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/long-term-physical-conditions-and-mental-health
- https://www.home-start.org.uk/disability-and-illness
- https://www.nhs.uk/every-mind-matters/lifes-challenges/health-issues/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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School transitions

Support available for children…	Support available for parents/carers…
• Visits to new setting • Staff visiting children in their current setting • One page profile/Information/Meeting with new setting staff • ELSA sessions to tackle change/transitions • PSHE curriculum addressing change	• Visits to new settings supported by the Family Hub lead • Meetings with parents to help support transitions • Directing parents with Family Hub support to prepare for new setting/expectations eg form filling, new parents meetings

Useful links

- https://brighterfuturesforchildren.org/wp-content/uploads/2023/05/BFfC-EY-TRANSITION-GUIDANCE-2023.pdf

- https://brighterfuturesforchildren.org/professionals/under-5s-transition-to-nursery-or-school/
- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/
- https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/
- https://mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/
- https://www.autism.org.uk/what-we-do/help-and-support/transition-support-service
- https://www.autismeducationtrust.org.uk/sites/default/files/2021-11/Supporting-learners-with-autism-during-transition.pdf
- https://www.devon.gov.uk/support-schools-settings/send/areas-of-need/communication-and-interaction/one-minute-guides/supporting-transition-for-pupils-with-slcn-primary-to-secondary/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Domestic abuse

Support available for children…	Support available for parents/carers…
• ELSA support sessions • Good/bad day activity • SAFE Referral from school (external agency) • BWA Referral to attend a parent/child course • NSPPC Resources	• SAFE Parent referral from school • BWA signposted for courses and support • Family Hub support • External Family Worker referral • HAF Project • Salvation Army support amongst other charities

Useful links

- https://brighterfuturesforchildren.org/for-parents-carers/safeguarding/
- https://learning.nspcc.org.uk/services-children-families/dart
- Domestic Abuse Men's advice line: https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=TecK8qhdny8
- https://www.berkshirewomensaid.org.uk/
- https://www.safesteps.org/
- https://www.pactcharity.org/alana-house/
- https://www.actionforchildren.org.uk/support-us/campaign-with-us/domestic-abuse/
- https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/domestic-violence/
- https://idas.org.uk/what-we-do/children-and-young-people/
- https://www.womensaid.org.uk/job/staying-put-bradford-90-children-and-young-persons-advocate-domestic-abuse/
- https://www.reading.gov.uk/adult-care/protecting-adults/domestic-abuse/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Family breakdowns & fallouts

Support available for children…	Support available for parents/carers…
• ELSA Sessions (group and 1:1) • Check in's from ELSA/Family Hub • PSHE Resources in school – PSHE lessons built around families • PMHW support in school	• Family Hub support – meetings, check in's, support for home • External Family Worker referral • Meeting updates • Links shared for websites such a NSPCC • HAF, BFFC links

Useful links

- https://hampshirecamhs.nhs.uk/issue/family-breakdown/

- https://servicesguide.reading.gov.uk/kb5/reading/directory/service.page?id=m1arkzoyVPU
- https://servicesguide.reading.gov.uk/kb5/reading/directory/family.page?familychannel=5
- https://www.nurseryworld.co.uk/features/article/eyfs-best-practice-all-about-family-breakdown
- https://www.family-action.org.uk/troubled-families/
- https://www.parents.com/parenting/dynamics/how-to-navigate-family-estrangement/
- https://www.lifecoach-directory.org.uk/articles/family-coaching.html
- https://www.familylives.org.uk/how-we-can-help

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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Anxiety
(including separation & general anxieties)

Support available for children…	Support available for parents/carers…
• Support of ELSA • PMHW involvement • Pupil voice • Support to children – use of resources eg external professionals • Sensory circuits for a supportive start to the school day • Access to therapies through referrals • Key person check ins • Buddy systems • Insideout days can be offered to some children - at Checkendon • Use of Insideout toolkits • Exploration of feelings through PSCHE lessons, whole school and class assemblies • Clear routines and expectations • Friendly, warm staff who know our pupils well	• Family Hub support through direct working with parents • Referrals to Early Help/CAMHS/PMHW for additional support, as required

Useful links

Anxiety:

- https://www.theinsideout.org.uk/
- https://www.pookyknightsmith.com/article-exams-season-responding-to-a-panic-attack/
- https://www.barnardos.org.uk/what-we-do/helping-families/mental-health/supporting-your-child/anxiety
- https://mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/
- https://www.anxietyuk.org.uk/get-help/helping-your-child/
- https://www.adhdcentre.co.uk/adhd-and-anxiety-in-children/
- https://www.nelft.nhs.uk/social-anxiety-resources-camhs
- https://brighterfuturesforchildren.org/for-parents-carers/mental-health-support-team/
- https://www.brighterfuturesforkids.com/
- https://brighterfuturesforchildren.org/for-parents-carers/early-help/therapy-services/

Attachment:

- https://www.children1st.org.uk/help-for-families/parentline-scotland/brain/attachment/
- https://learning.nspcc.org.uk/child-health-development/attachment-early-years
- https://beaconhouse.org.uk/resources/
- https://mentallyhealthyschools.org.uk/resources/attachment-difficulties-in-schools/
- https://www.buildingbonds.org.uk/
- https://www.verywellmind.com/what-is-attachment-theory-2795337

- https://www.unicef.org/parenting/child-care/what-you-need-know-about-parent-child-attachment
- https://dadmatters.org.uk/portfolio-items/attachment-bonding/

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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LGBTQ+ matters

Support available for children…	Support available for parents/carers…
• Age-appropriate PSHCE lessons covering protected characteristics, respect, and celebrating diversity • Access to ELSA, therapeutic support, and external professionals (e.g. police involvement in cases of hate crime) • Anti-bullying policies and individualised action plans when needed • Participation in Diversity Weeks and school events to celebrate identity and inclusion • An inclusive RSE curriculum that teaches about different family structures and correct LGBTQ+ terminology • **Inclusive library collection**: Ensure books include diverse family structures, LGBTQ+ characters, and themes of acceptance and identity. • **Visible LGBTQ+ role models and achievements**: Use assemblies or displays to highlight LGBTQ+ figures in history, science, sport, and literature. • **Pupil-led campaigns**: Anti-bullying week or Pride month involvement led by the children (e.g. posters, assemblies, kindness pledges). • **Visible signs of inclusion around school**: Posters, values displays, or noticeboards featuring inclusive messages.	• LGBTQ+ family representation in newsletters, displays, and resources (e.g. showcasing books or inclusive events). • Workshops or discussion events for parents around inclusivity, kindness, and school values - helping parents feel part of the culture. • A clear, welcoming message on your website or in your family handbook about your school's stance on diversity and inclusion.

Useful links

- https://neu.org.uk/advice/equality/lgbt-equality/supporting-trans-and-gender-questioning-students

Stonewall – Support and guidance for LGBTQ+ children and their families
🔗 www.stonewall.org.uk
➡ Resources for parents, schools, and young people; advice on coming out, discrimination, and inclusive parenting.

Mermaids – Supporting transgender, non-binary and gender-diverse young people and their families
🔗 www.mermaidsuk.org.uk
➡ Offers a helpline, family support groups, and resources for navigating gender identity.

FFLAG (Families and Friends of Lesbians and Gays)
🔗 www.fflag.org.uk
➡ A national charity that supports families and friends of LGBTQ+ people with guides, helpline access, and local group links.

Young Minds – LGBTQ+ Mental Health Support

🔗 www.youngminds.org.uk

➡️ Mental health support tailored to LGBTQ+ young people, with advice for parents and carers too.

The Proud Trust – Life, relationships and identity

🔗 www.theproudtrust.org

➡️ Inclusive, youth-friendly information on gender and sexuality, plus a dedicated section for parents/carers.

NSPCC – Keeping LGBTQ+ children safe

🔗 www.nspcc.org.uk/keeping-children-safe/online-safety/lgbtq-children/

➡️ Advice on safeguarding, online safety, and supporting LGBTQ+ children emotionally and practically.

For further support or a friendly ear, please contact: familyhub@thameside.reading.sch.uk

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