



Mental Wellbeing Pathway at John Blow Primary School

Developing all children's understanding of the importance of physical, emotional and mental wellbeing through assembly themes, PRSE sessions, class assemblies, class discussions and circle time activities.

If required

Upper Key Stage 2

Small group intervention and support including...
Time to Talk and Lego Therapy and
Check ins with an assigned adult

Mentoring group with
assigned mentor and
structured programme

If required



ELSA Support
with Mrs Wray

If required

Tina Sudell Counselling
Support

If required

Referral to an external specialist
service including:
CAHMS
MHST Notts

