

# Reflective Questions

*These questions are a part of the "wellbeing-pathway" and provide an important opportunity to reflect on the provision that is being provided.*

## (1) Promote

- How does the school environment and ethos support the pupil's emotional wellbeing and mental health?
- What day to day systems are in place for this pupil?
- What universal services/interventions has this pupil been accessing?

## (3) Assess

- What information has been used to provide an holistic view of the pupil's needs? (Academic attainment, teacher assessment, observations, friendships, other agencies, parents/carers, pupil voice etc.)
- Has there been a personalised approach to find out what the pupil needs?
- Is it suitable to use an evidence based tool to assess the pupil's needs? (e.g. Boxall Profile, PASS survey, Strengths and Difficulties Questionnaire)



## (2) Identify

- How has the school identified that this pupil needs extra support/interventions? (e.g. observation, disclosure, behaviour, grades, attendance, family situation, etc.).
- Have you spoken to the pupil/parent/carer to find out their views?
- Have you spoken to other services or agencies? (e.g. Social Care, MAT, Virtual School, Educational Psychologist, Behaviour Support, SSEN, Nurture, etc.)
- Does a referral need to be made? Does the school require training to meet the needs of the pupil? (e.g. e-learning <https://www.minded.org.uk/> or external provider/cpd.)

## (4) Provide

- What are you trying to achieve?
- What are your goals? Are they realistic?
- Who is delivering the intervention/support?
- Have they been set with the pupil/parent/carer?
- Are they trained/the right person?
- Do they feel confident/ equipped?
- Have you set a review date?
- How are some of the principles/strategies transferred consistently to the learning environment?
- How do you know?

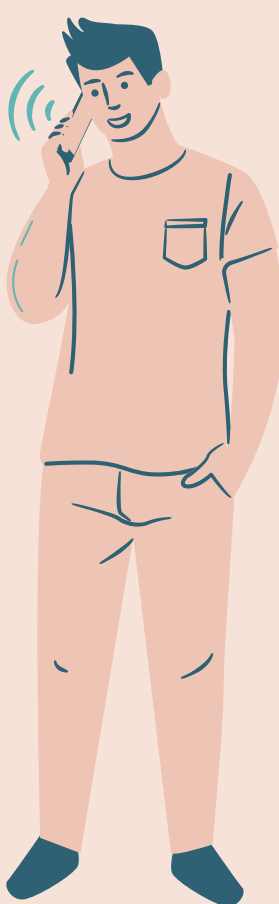
## (5) Review

- Have the goals set been achieved? How do you know? (e.g. revisit the assessment tool).
- What is/are the pupil's/parent/carer's view/views of the provision provided? What was effective, what could be improved? What are the pupil's needs now?
- What are the next steps?
- Do they need a referral to more specialist services e.g. CAMHS, Educational Psychologist, First Steps, Derbyshire Friend, application for GRIP, Staff training/CPD)



## (6) Celebrate

- What has been achieved?
- Focus even on the little things. Every success is positive.
- Use activities, work, friendships, kindness, attendance, hobbies as examples.
- Collect visual evidence to share.
- Congratulate yourself and colleagues for the provision and reflect on the positives before you decide what to do next.



### Sources

Emotional and Mental Health: A resource for Schools (2014)  
[www.EmotionallyHealthySchools.org](http://www.EmotionallyHealthySchools.org)