



Trinity Core SEND Offer:

SEMH

What is SEMH?

- Social, emotional and/or mental health difficulties
- Withdrawn, isolated, challenging, disruptive or disturbing behaviour *may* indicate an underlying difficulty such as anxiety, depression, eating disorder or other. This can include ADHD/ADD (see separate sheet).

Core Quality-First Teaching Strategies for SEMH

- Check pupil profile for specific triggers that may lead to issues in class.
- Allow student to leave the classroom for very short and agreed time periods to re-regulate (MUST be pre-agreed by the SEND department/Head of Year and only as a last resort).
- Avoid confrontation in public (attempt private challenge/correction if possible).
- Consider developing a quiet/private warning system to prompt them to return to task or modify their behaviour (e.g. non-verbal warning).
- Check with the student to see if they are managing OK (you could use a 5 point emotional scale if needed – check with the SEND department)
- Build positive relationships by making clear that you have their best interests at heart (warm strict).
- Be vigilant to ensure that interactions with peers are kind/appropriate/supportive.

Behaviour

- Have high expectations
- Give direct and specific reminders/corrections before issuing behaviour points
- Make student aware of what the next consequence will be if expectations are not met