



A to Z Break and Lunch Club

Our A to Z provision at break and lunch time is designed to offer social, emotional and mental health support to pupils whose specific needs can not be developed inline with their peers in the normal classroom environment.

Our A to Z provision is not a behaviour management tool but a carefully planned and managed SEMH provision where intervention is assessed and monitored from referral into the A to Z, to the time spent accessing the A to Z provision and at the end of the agreed time period in the A to Z.

Having a quiet space available for social times is a vital tool for pre-emptive SEMH intervention strategies. The unstructured nature of break and lunch times can be especially stressful for pupils with a variety of needs. Some students also may wish to occupy their minds in a quiet space to reduce their stress levels. This space does not have to be over-complicated – a simple room in a quiet area of the school is often enough.

This is where our A to Z room is simply perfect. We have an on-site specialist SEMH facility which is perfect for those pupils who need to develop their social, emotional, mental and behavioural skills. It is ideally located in a private, quiet and almost separate area of school – absolutely idyllic when identifying a safe, quiet space away from the hustle and bustle of school life to truly switch off, detach yourself from the busyness of school life and have a safe and nurturing space in which to perfectly develop SEMH skills.

For pupils who just need a quiet time, we provide mindfulness colouring activities and space to just draw and express themselves creatively.

For sensory needs, we provide comfortable seating with cushions and bean bags. Low lighting and calming music encourage mindfulness too.

For pupils accessing the A to Z at break and lunch times, social and collaborative activities are provided. Board games, turn taking games and other talk related games are offered to practice and develop social skills which can then be used out on the yard with friends when pupils are ready.

When class teachers feel they have a pupil who has specific social, emotional and mental health needs that cannot be addressed within class, they can refer that pupil to the Engagement and Wellbeing Team for A to Z support by completing the A to Z referral document.