



The Ramsey Academy – Early Help Offer



At The Ramsey Academy, we recognise the importance of early help to offer support to meet the personalised needs of all students.

Early Help is everybody's responsibility: together we will make sure that children and their families are safe, happy and ready for school – to then progress into the world of work and life's challenges.

Early Help supports better outcomes for children and families. Effective Early Help aims to resolve problems before they become overwhelming and may require intervention from reactive services. Early Help can advocate children to be ready for school and more likely to achieve their full potential.

Ofsted have identified that *"Staff provide strong support. This includes for pupils with special educational needs and/or disabilities (SEND). If pupils have any concerns, they feel confident telling staff. The school is a safe place"* and a 2026 Essex Inclusion review have also recognised that the Pastoral Support within the school was outstanding, highlighting *"Relationships between pupils and adults are a strength. Staff ensure that pupils feel supported and cared for, and all pupils report that they have trusted adults they can speak to. Pupils say they can talk to their form tutors and feel that they 'really listen'."*

Our early help offer is made in conjunction with support offered to families in our school community and is designed to be collaborative and include families in this work to support our students to thrive.

We are committed to working in partnership with parents and carers to ensure that every student receives the support they need to thrive. Our early help offer provides a range of guidance and services designed to identify and address concerns at the earliest stage. This may include support for wellbeing, learning, attendance or family circumstances. Our aim is to



The Ramsey Academy – Early Help Offer



provide timely, appropriate intervention and clear communication, helping to ensure that students feel safe, supported and able to achieve their full potential.

Universal support refers to the support, opportunities and learning experiences that are ordinarily available to every child as part of our inclusive school environment, helping all pupils to learn, thrive and achieve their potential.

Early Help / Intervention / Recommendation for support	Target student(s) / Year Group	Intervention summary	By (school, family, external)
Form tutor	All	Every student is part of a tutor group and meets with their form tutor each day. The form tutor is the first point of contact for any concerns, and parents can contact them directly via email. There are also scheduled parents' evenings, held at least once each year, with additional information evenings for Years 7 and 11. We encourage parents to maintain regular communication with their child's tutor, as they play a key role in supporting both academic progress and wellbeing. Tutors work closely with other staff to ensure that any concerns are identified early and that appropriate support is put in place promptly.	School
Pastoral manager	All	A Pastoral Manager plays an important role in supporting students' emotional wellbeing and day-to-day welfare. They work closely with students, families and school staff to identify any concerns early and provide the right support at the right time.	School



The Ramsey Academy – Early Help Offer



		This may include helping with issues such as attendance, behaviour, friendships or personal challenges, as well as connecting families with external services where needed. As a key point of contact for pastoral support, the Pastoral Manager helps ensure that every child feels cared for, understood and able to thrive both in and out of school.	
Head Of Year	All	The Head of Year is a key member of staff who supports students' wellbeing, progress and personal development throughout the school year. They work closely with students, families and teachers to ensure that every child feels safe, supported and able to succeed. This includes monitoring attendance and behaviour, providing guidance during challenges, and signposting additional support where needed. As a main point of contact for pastoral concerns, the Head of Year helps build strong relationships between home and school, ensuring that any issues are addressed early and effectively.	School
Transitions	Years 7,9 and 11	We are committed to providing a supportive and well-structured approach to transitions at key	school



The Ramsey Academy – Early Help Offer



		stages, recognising that these periods can be both exciting and challenging for pupils and their families. For pupils moving from Year 6 to Year 7, we offer enhanced transition activities including liaison with primary schools, additional visits, and tailored support plans to ensure a smooth and confident start to secondary education. Keyworkers are allocated to Y6 transition students either before or at an early stage of their start at Ramsey. At the other end of the school, we support Year 10 to Year 11 transitions by providing guidance around increasing academic demands, examination preparation, and emotional wellbeing, helping pupils to feel prepared and resilient as they move into their final examination year.	
Kooth Online Wellbeing Support	All Years	www.kooth.com Kooth is a free, safe and anonymous online mental health support service for young people. It provides access to trained counsellors, as well as helpful resources such as articles, forums and self-help tools to support emotional wellbeing. Students can use Kooth to talk about their feelings, get advice and learn ways to	External



The Ramsey Academy – Early Help Offer



		manage challenges such as anxiety, stress or low mood. It can be accessed outside of school hours, offering flexible support whenever it is needed.	
Homework Club	All Years	Homework Club is a supportive space where students can complete their homework in a calm and structured environment. It provides access to resources, such as computers and materials, as well as help from staff who can offer guidance if students are unsure about their work. Homework Club helps students build good study habits, stay organised and manage their workload, while also offering extra support for those who may find it difficult to complete work at home.	In school
Breakfast club	All Years	Breakfast Club provides students with a positive start to the day in a safe, welcoming environment before lessons begin. Students can enjoy a healthy breakfast while socialising with others, helping them feel settled and ready to learn. It is particularly helpful for families with busy mornings or where additional support with routines is needed, ensuring every child begins the school day feeling prepared, focused and well cared for.	In school



The Ramsey Academy – Early Help Offer



Wellbeing drop in	All Years	We offer a weekly wellbeing drop-in session led by our trained Mental Health First Aiders. This is available to all students and provides a safe, supportive space where they can talk about any worries or concerns they may have about their wellbeing.	In school
Careers Guidance	All Years	We have a specialist qualified careers practitioner available to discuss future career pathways, further or higher educational provision, work experience and employability skills. Bespoke advice and guidance on interview skills and a wide variety of careers and labour market information.	External
Extra-curricular clubs and activities	All Years	We offer a wide range of enrichment opportunities designed to support students' wellbeing and personal development, helping them to build confidence, develop new skills and engage positively with school life	School
Young Minds	All Years	Young Minds is a UK charity dedicated to supporting the mental health and wellbeing of children and young people. They provide a wide range of resources, advice and guidance for both young people and parents, helping families to understand and manage mental health challenges such as anxiety, stress and low mood. Young Minds	External



The Ramsey Academy – Early Help Offer



		offer a confidential helpline and online support for parents who may be concerned about their child's wellbeing. Their aim is to ensure that no young person feels alone and that families can access the help and information they need at the right time. https://www.youngminds.org.uk/	
Childline	All Years	Childline is a free, confidential support service for children and young people. It provides a safe space where they can talk about anything that might be worrying them, whether it is related to feelings, friendships, family issues or school. Support is available 24 hours a day through phone, online chat and messaging, and young people do not have to give their name if they do not want to. Childline aims to ensure that every young person feels listened to, supported and able to get help whenever they need it. https://www.childline.org.uk/	External
Nip in the Bud	All Years	Nip in the Bud is a UK charity that supports parents and carers to better understand children's mental health. They provide free, easy-to-access resources such as short videos, fact sheets and practical guidance, created with input from leading mental health professionals. These resources help adults recognise early signs of emotional or behavioural difficulties and offer advice on how to respond and	External



The Ramsey Academy – Early Help Offer



		seek further support. The aim is to encourage early intervention so that any concerns can be addressed before they become more serious. https://nipinthebud.org/	
Tutor time programme	All Years	Tutor Time provides pupils with a positive start to the day and an opportunity to develop both academically and personally. During tutor time, pupils take part in activities such as reading, literacy and numeracy development, assemblies, wellbeing check-ins, personal development discussions, careers education, and the exploration of important themes including British values, equality, safeguarding and current affairs. Tutor time helps pupils to build confidence, strengthen relationships and develop the skills they need to succeed in school and beyond.	School
RSE Lessons	All Years	Relationships and Sex Education (RSE) helps pupils to develop the knowledge, understanding and skills they need to build positive relationships, stay safe and make informed decisions as they grow up. Through age-appropriate lessons, pupils learn about topics such as friendships, respect, consent, online safety, physical and emotional wellbeing, family relationships and healthy lifestyles. RSE supports	School



The Ramsey Academy – Early Help Offer



		pupils in becoming confident, respectful and responsible members of society.	
PSHE lessons	All Years	Personal, Social, Health and Economic (PSHE) Education helps pupils develop the knowledge, skills and attributes they need to navigate everyday life and prepare for the future. Through engaging and age-appropriate lessons, pupils learn about topics such as mental and physical wellbeing, healthy relationships, keeping safe, financial education, careers, and life in modern Britain. PSHE supports pupils to become confident, responsible and resilient individuals who can make informed choices and contribute positively to their communities.	School
Essex Local Offer	All Years	The Essex SEND Local offer provides gives information about support available in Essex for children and young people aged between 0 to 25, with Special Needs and Disabilities (SEND) Essex County Council: Special Educational Needs and Disabilities (SEND) Essex Local Offer	External

Targeted support refers to additional internal academic and pastoral support provided for children who may need extra help at specific times, ensuring they can overcome barriers to learning, wellbeing and progress.



The Ramsey Academy – Early Help Offer



Early Help / Intervention / Recommendation for support	Target student(s) / Year Group	Intervention summary	By (school, family, external)
Transitions	Cross phased transitions	We also provide flexible, responsive support for cross-phase transitions, whether pupils are moving between settings or re-integrating into mainstream education, ensuring that individual needs are carefully assessed and appropriate strategies are put in place. Our early help offer focuses on strong communication, collaboration with families and professionals, and timely intervention to promote positive outcomes for all learners	In school
MHFA	All years	A Mental Health First Aider in school is a trained member of staff who provides initial support to students experiencing emotional distress or mental health difficulties. They are there to listen, offer reassurance and help students feel safe, while identifying when further support may be needed. They can guide students and families towards appropriate services, both within school and externally, ensuring early intervention where concerns arise. Their role is not to provide ongoing	In school



The Ramsey Academy – Early Help Offer



		treatment, but to act as a trusted first point of support and help promote a positive approach to mental wellbeing across the school.	
School Nursing Team	All years	The School Nurse supports students' health and wellbeing, providing advice and care for a range of physical and emotional needs. They can help with issues such as medical conditions, healthy lifestyles, and general health concerns, as well as offering guidance on topics like sleep, nutrition and emotional wellbeing. The School Nurse also works closely with families and school staff to ensure that any health needs are understood and supported, and can signpost to additional services where needed, helping to ensure early support is available.	External
Personalised Timetable	All Years	Some students may be offered a personalised timetable to better support their individual needs. This may be arranged on a temporary or longer-term basis, depending on the level and type of support required, to help ensure they can engage successfully with their learning and wellbeing.	School
Literacy and Numeracy intervention	Years 7-9	These sessions are designed to support students who need extra help with literacy and numeracy. They focus on building confidence in reading and	School



The Ramsey Academy – Early Help Offer



		developing key skills such as comprehension, spelling, grammar, punctuation, and basic maths.	
Laptop Loan scheme	All Years	We offer additional support for students and families, including those who may not have access to a computer at home. This support helps remove barriers to learning and ensures students can fully demonstrate their usual way of working, particularly when evidence is needed for exam access arrangements	School
Handwriting support	Identified students, across all years	We provide handwriting support which includes guidance on letter formation, spacing, speed and presentation, as well as practical strategies to improve comfort and consistency when writing. Support can be delivered through small group work or individual sessions, depending on need, helping to build confidence and ensure students are able to access their learning fully.	In school
Exams Access Arrangements	Identified students across all years	Some students may require additional arrangements so they can access exams and assessments. These arrangements are considered on an individual basis and follow JCQ guidance.	School
External support agencies	All Years	We work closely with a range of external services to provide additional support for students and families when needed. This may include working with behaviour support teams, family support services,	External



The Ramsey Academy – Early Help Offer



		social workers, local police and community support officers, SEND outreach, and health professionals. By working together with these partners, we aim to ensure that the right support is in place early, helping students and families to feel safe, supported and well cared for.	
Pathway	All years	We provide a quiet, safe space within the Learning Support Area where students can spend time during social times, if they feel overwhelmed or need a break from busy areas. This space is designed to help students feel calm, supported and ready to re-engage with their learning.	School
Reasonable adjustments	All Years	Reasonable adjustments will be considered to ensure that all students can access learning and feel supported, particularly if they have additional needs or disabilities. These adjustments can include changes to teaching approaches, extra time or support in lessons, access to quiet spaces, modified resources, or flexibility with routines. The aim is to remove barriers that may prevent a student from fully participating in school life, so they can learn, feel confident, and achieve their potential alongside their peers.	School



The Ramsey Academy – Early Help Offer



Pupil Passports	SEN Monitoring students	Following identification and placement on the SEN Register, students who require monitoring will work with a key worker or trusted adult to create their own pupil passport. This passport will then be shared with teaching staff to ensure that effective strategies and appropriate support are consistently implemented in lessons and across the school environment	School
Pupil Premium	All Years	Pupils who are eligible for the Pupil Premium Grant may be entitled to a range of additional support to help them access all aspects of school life and achieve their full potential. This may include assistance with the cost of school uniform, revision materials and educational resources, support to attend school trips and enrichment activities, access to Breakfast Club, and targeted academic or pastoral interventions. Our aim is to ensure that every child has the opportunities, resources and support they need to thrive both in and beyond the classroom.	School
Free school meals	All Years	Pupils who are eligible for Free School Meals (FSM) are entitled to receive a nutritious school meal each day at no cost to their family. We encourage all	School



The Ramsey Academy – Early Help Offer



		families who are eligible to apply, as FSM can help reduce household costs while ensuring children are well nourished and ready to learn. Eligibility for Free School Meals may also enable the school to access additional funding, helping us to provide further support and opportunities for pupils throughout their education.	
CYO mentoring	All Years	Mentoring Services provide pupils with access to a trained mentor who offers individual guidance, encouragement and support to help them overcome challenges and achieve their goals. Through regular sessions, mentors help pupils to build confidence, develop resilience, improve communication skills and manage any barriers that may be affecting their learning or wellbeing. Mentoring provides a safe and supportive space where pupils can reflect, set targets and work towards positive outcomes both in school and beyond.	External
SAMS meetings	All years	School Attendance Meetings provide an opportunity for the school, parents/carers and pupils to work together to promote good attendance and punctuality. These meetings are used to discuss attendance patterns, identify any barriers that may be affecting school attendance, and agree supportive strategies to help pupils attend regularly	School



The Ramsey Academy – Early Help Offer



		and achieve their full potential. The aim is to build a positive partnership with families, ensuring that every child is given the best possible opportunity to succeed in school.	
Social stories	All years	Social Stories are personalised, visual learning tools designed to help pupils with SEND understand social situations, routines, expectations and changes in a clear and supportive way. Using simple language and structured explanations, social stories help pupils develop confidence, reduce anxiety and build the skills needed to navigate different situations successfully. They can be used to support communication, emotional regulation, social understanding and positive participation in school life.	School
EYPDAS	All years	EYPDAS (Essex Young People's Drug and Alcohol Service) provides free, confidential support for young people who may be affected by drug or alcohol use, either personally or through a family member. The service offers advice, education, one-to-one support, family support and specialist interventions to help young people make safe, informed choices, improve their wellbeing and reduce risks. EYPDAS works in partnership with	External



The Ramsey Academy – Early Help Offer



		schools and families to ensure young people receive the guidance and support they need to thrive.	
Key workers check ins	Students on our SEN register	Key Worker Check-Ins provide regular opportunities for students on our SEN register to meet with a trusted adult in school who can offer guidance, encouragement and support. These sessions help to build positive relationships, monitor wellbeing, celebrate successes and identify any barriers to learning or personal development. Through key worker check-ins, pupils are supported to feel safe, valued and confident, ensuring they have the help they need to thrive both academically and emotionally	School

Targeted Plus support refers to enhanced support for children with more significant or ongoing needs, including adaptive teaching, SEND interventions, personalised learning plans, and support through a Learning Plan or Education, Health and Care Plan (EHCP), to help them access learning and make progress

Early Help / Intervention / Recommendation for support	Target student(s) / Year Group	Intervention summary	By (school, family, external)
MHST (Mental Health Support Team)	All Years	A Mental Health Support Team (MHST) in schools provides early help for children and young people experiencing mild to moderate mental health	External



The Ramsey Academy – Early Help Offer



		difficulties. They work directly with students to offer support such as one-to-one sessions, group work and practical strategies to manage worries, low mood or anxiety. The team also supports staff and parents by offering advice, guidance and training to promote positive mental wellbeing. Their aim is to ensure that concerns are identified early and that students receive the right support at the right time, helping them to feel confident, resilient and ready to learn.	
Young carers support	All Years	Young Carers are students who help to look after a family member due to illness, disability, mental health needs or other challenges. In school, we recognise that these responsibilities can sometimes affect a young person's wellbeing, attendance or learning. We offer support to help them manage both their school life and caring role, which may include a listening ear, access to a safe space, flexibility where needed, and signposting to external services. Our aim is to ensure young carers feel understood, supported and able to achieve their full potential.	External



The Ramsey Academy – Early Help Offer



Learning plans	SEN Support and EHCP students	Students on the SEN register as SEN Support or with an EHCP will have a Learning Plan. The Learning Plan will include, targets, SEND need details, strategies to support and student- parent views. This will be reviewed, updated and shared with staff throughout the year.	School
SEMH interventions	SEN Support and EHCP students	In-School SEMH (Social, Emotional and Mental Health) Interventions provide targeted support for pupils who may be experiencing social, emotional or mental health challenges that impact their wellbeing, learning or relationships. Through a range of structured interventions, pupils are supported to develop emotional awareness, resilience, self-esteem, coping strategies and positive social skills. These interventions aim to help pupils feel safe, supported and ready to engage successfully in school life and achieve their full potential. For example; social stories, social skills, Emotional Literacy Support, 6 core strengths	School
SEND careers advice	Year 9-11	SEND careers adviser, who supports year 9-11 EHCP students with guidance on careers and next step destinations	External
Empower	Years 7-11	Empower offers early intervention and support for children, young people, and families who may be experiencing emotional, social, or behavioural challenges. They work with families to build	External



The Ramsey Academy – Early Help Offer



		resilience, improve wellbeing, and help children achieve positive outcomes.	
Wilderness	Years 7-11	Wilderness Foundation uses outdoor activities and nature-based programmes to support children, young people, and families in developing confidence, resilience, wellbeing, and positive life skills. They provide opportunities to build stronger relationships, improve emotional health, and overcome personal challenges through experiences in the natural environment.	External
Exams access	Years 7-11	Exam Access Arrangements are adjustments and support put in place to ensure that students with identified needs can access examinations fairly. These may include extra time, rest breaks, a reader, a scribe, or use of specialist equipment, helping students to demonstrate their knowledge and skills without being disadvantaged by a disability, learning difficulty, or medical need.	Internal
Family solutions	Years 7-11	Family Solutions provides support for families who may need extra help with challenges such as behaviour, attendance, emotional wellbeing, parenting, routines, or accessing services. They work alongside families to identify strengths,	External



The Ramsey Academy – Early Help Offer



		overcome difficulties, and improve outcomes for children and young people.	
Education Health Care Needs Assessment application	All years students on SEN Support register	For students who require more intensive, ongoing specialist support than what our current allocated budget can provide. For students who fall significantly behind their peers in learning or emotional development despite targeted interventions. For students with escalating health, social, or physical care needs that require coordinated support across different agencies.	School and external
Education access	Years 7-11	Education Access supports children and young people who may be experiencing difficulties attending or engaging with school. The service works with families, schools, and other professionals to identify barriers to education and help students access learning, improve attendance, and achieve positive outcomes	External and internal
External Counselling services	Years 7-11	External Counselling Services provide professional emotional and mental health support for children, young people, and families who may be experiencing difficulties such as anxiety, stress, low mood, bereavement, or other personal challenges. Counsellors offer a safe and confidential space to talk, helping individuals develop coping strategies, improve wellbeing, and build resilience.	



The Ramsey Academy – Early Help Offer



CAMHS	Years 7-11	CAMHS (Child and Adolescent Mental Health Services) provides specialist assessment and support for children and young people who are experiencing significant emotional, behavioural, or mental health difficulties. CAMHS works with young people, families, schools, and other professionals to improve mental health, develop coping strategies, and support positive wellbeing and outcomes.	External
TAF meeting	Years 7-11	Team Around the Family (TAF) Meeting is a meeting that brings together the family and professionals involved in supporting a child or young person. The purpose is to share information, agree actions, and work together to address needs, ensuring the family receives coordinated support and the best possible outcomes for the child.	Internal and external

Specialist support refers to highly personalised support for children with complex or significant needs, which may include specialist staff, external agency involvement, an Education, Health and Care Plan (EHCP), or alternative provision, ensuring the right support is in place for them to succeed and thrive.



The Ramsey Academy – Early Help Offer



Early Help / Intervention / Recommendation for support	Target student(s) / Year Group	Intervention summary	By (school, family, external)
Virtual school	Year 7-11 who are in the care system.	Virtual School supports the education and wellbeing of children who are in care, previously looked-after, or who have a social worker. The service works with schools, families, and professionals to promote educational achievement, remove barriers to learning, and ensure that children receive the support they need to reach their full potential.	External
Social care	Year 7-11 who are in the care system.	Social Care supports children, young people, and families when there are concerns about a child's safety, welfare, or wellbeing. Social workers work with families and other professionals to assess needs, provide support, reduce risks, and help ensure that children are safe, healthy, and able to achieve their full potential.	External
Request for support	Year 7-11 for families with complex needs	Request for Support (RFS) is a referral process used to access additional help for a child, young person, or family when extra support is needed. It enables professionals to identify needs, coordinate	External



The Ramsey Academy – Early Help Offer



		appropriate services, and ensure that the right support is put in place at the earliest opportunity.	
Additional funding support	Students with more complex needs	Request for exceptional funding, IPRA funding. Considered on an individual basis.	External
Specialist External support – (Experts at Hand)	Students with more complex needs.	Specialist involvement may be made to External agencies and professionals. Support requests are considered on an individual basis. Support examples could include; School Inclusion Partner, Educational Psychologist, Engagement Facilitator, Speech and Language Therapist, Autism Outreach, SEND Operations.	External

Papyrus

All years

Papyrus is a UK charity dedicated to preventing suicide and supporting the mental health of young people. They offer support not only to young people who may be struggling, but also to families and anyone concerned about a child. Through their free, confidential HOPELINE 24/7 service, parents can speak to trained advisers who provide guidance, reassurance and practical

Achieving.Excellence.Together



The Ramsey Academy – Early Help Offer



advice on how to support a young person and keep them safe. Papyrus also offers helpful resources and training to increase understanding and encourage early intervention.

<https://www.papyrus-uk.org/>