

# APPLETON PRIMARY SCHOOL

## PASTORAL OFFER



# WHY DO WE OFFER PASTORAL SUPPORT IN SCHOOL?

Pastoral Support is at the heart of what we do at Appleton. We aim to promote positive mental health and wellbeing for our whole school community. We recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

Our role in school is to ensure that children are able to manage times of change and stress, and that they are supported to reach their potential or access help when they need it.

Our school is a place for everyone to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. For some, our school will be a place of respite from difficult home lives. We offer positive role models and relationships, which are critical in promoting children's wellbeing and can help engender a sense of belonging and community.



# OUR PASTORAL AIMS ARE:

## **Safe Environment**

To maintain a safe environment where children feel able to discuss their feelings and concerns and parents are confident that any issues they wish to discuss will be handled appropriately and with discretion.

## **Resilience**

To work with children to enhance their confidence and self-worth and supporting them in developing resilience.

## **Value & respect**

To ensure that children feel valued and that they respect the views of others.

## **Cultural beliefs**

To encourage children to show respect and understanding of those whose culture, beliefs or lifestyle may be different from their own.

## **Communication**

To ensure there is good communication between school, parents/carers and external agencies where appropriate.

## **Responsibility**

To encourage children to take responsibility for their own actions.

## **Support**

To support children to develop an understanding of themselves as individuals, as well as developing a respect and understanding of other people and their needs.

## **Next stages**

To help children gain an understanding of the world in which they live and support them in preparing for the next stages of their lives.



# PASTORAL TEAM

Appleton is very proud of its dedicated pastoral team that is able to offer support to both children and families with behaviour, special needs, attendance and emotional stability.

<u>Name</u>	<u>Role</u>	<u>Responsibilities</u>
<b>Mary Langton</b>	Head Teacher Deputy Safeguarding Lead	To oversee all pastoral support in school.
<b>Claire Spicer</b>	Assistant Head for Inclusion Designated Safeguarding Lead PSHE Co-Ordinator	To support with all pastoral support in school. To co-ordinate all support for pupils with special educational needs and disabilities. To ensure that all pupils have the correct support to meet their needs. To support all pupils with behavioural needs.
<b>Chris Murray</b>	Wellbeing Lead	To support all elements of mental health and wellbeing within school.
<b>Lisa Wray/ Tracey Wray</b>	ELSA	To support children referred to them within school with emotional understanding, self-regulation and specific difficulties such as bereavement.
<b>Sue White Macy Drake Claire Start Nicola Raspberry Helena Potter Mandy Cook</b>	Phase Teaching Assistants	To provide early intervention using the My Star resource to support pupils in recognising factors which may be impacting on their mental health and wellbeing.
<b>Rachel Milner</b>	Attendance Lead	To work with pupils, staff and families with attendance needs.
<b>Rising Stars</b>	Emotional Regulation Support	To deliver a 10 week programme with specific children aiming to improve their emotional understanding, peer relationships and how this manifests into behaviours.
<b>External Agency Support</b>	External Specialists	To support staff at Appleton in ensuring that the correct support is in place to allow all children to have their needs met. These may include: <ul style="list-style-type: none"> <li>- CAMHS            - Whitehouse Outreach Service</li> <li>- IPASS            - Rise Academy Outreach</li> <li>- Headstart Hull</li> <li>- Educational Psychologist</li> </ul>



## MORE INFORMATION:

### **Wellbeing Team**

The pupil wellbeing team support other pupils with their mental health and wellbeing. The work closely with the school ELSA team to develop support strategies to help and support their peers.

### **ELSA (Emotional Support Literacy Assistant)**

ELSAs are trained members of staff delivering bespoke interventions with children with a range of needs. These may include: social skills, emotions, bereavement, social stories and therapeutic stories, anger management, self-esteem, counselling skills such as solution focused and friendship.

### **Attendance Support**

Through working collaboratively with children and families the school has successfully supported children in ensuring their attendance improves by removing barriers to success. This has resulted in greater attainment and improved peer relationships and self-esteem.

### **Headstart – Resilience Coaching**

From the age of 10 children can be referred to Headstart for emotional support. This is a 10 week program of support made up of weekly 1:1 sessions. These are held in school and with constant communication with school staff to ensure that holistic support for each child. Parents are also supported within this process and have their own sessions in order to ascertain and support with familial issues.

### **Headstart**

Headstart Hull aims to: “Enable children and young people to have positive mental health and wellbeing, thrive in ‘their communities’ and to ‘bounce back’ from life’s challenges”. Headstart Hull is embedded with an early help approach to improving outcomes for children, young people and families. Headstart Hull is a collection of services and interventions for supporting young people’s emotional health and well-being.

