

Student wellbeing support at St Peter's



At some point in your child's journey at St Peter's, they may require support to maintain their wellbeing. The Pastoral Support Team (PST) are a dedicated team of staff who oversee all elements of pastoral support at St Peter's.

This document is for you to understand what to expect of the pastoral support system at school from a student's first disclosure or event linked to their wellbeing. A disclosure/event may be:

- Regular feelings of anxiety
- Panic/anxiety attacks
- Feeling overwhelmed in different environments
- Insecurities around peers
- Self harm
- Suicidal thoughts

For disclosures that concern self harm or suicidal thoughts, we will notify our safeguarding team and always recommend that you seek further guidance from your child's GP.

Initial disclosure/event

A conversation between tutor/HOY and the student

Following this analysis there will be an informal assessment of the student's needs

HOY will decide which member of the PST is best placed to support the student in collaboration with the SENCO where appropriate

A referral is made. Wait times do vary and HOYs will do their best to give you an estimation.

Support begins

Please be aware that due to demand, pastoral support in schools is often short term. The designated member of the PST will speak with the student in advance of the end of any formal support.

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Who are the PST?

Your child's tutor and HOY are their first points of contact for wellbeing support. The profiles below better explain the range of referrals available to us internally in school.

ELSA – Emotional Literacy Support Assistant

Students see ELSA for half hour sessions either weekly or fortnightly. There is support given through worksheets, talking and art therapy. Coping strategies and calming techniques are taught. The student grows their emotional vocabulary and feel supported with their unique needs in the school. In the past, P.A.T (Pets as Therapy) has been given weekly to selected students for verbal therapy. Our ELSA team have expertise in emotional health and our lead ELSA is mental health first aid trained.

HSLW - Home School Link Worker

The HSLW may work with young people/families either in school or at home. The HSLW will help families to access external services. The HSLW can listen and provide support using counselling skills. The conversations are non-judgmental. The HSLW may work with families who are experiencing change or crisis in their lives.

Pastoral Assistants

We have a team of assistants who also accept referrals in the school. They have a range of expertise:

- Supporting students who are becoming more anxious
- Mentoring
- Keeping to routines
- Bereavement
- Parental separation

School counsellor

We have 2 part time school counsellors. Primarily counselling is a safe, confidential space where short-term therapy is offered to students. Counselling helps young people/students to explore and develop a better understanding of themselves within the context of their challenges. Interventions such as psychoeducation and coping strategies are taught to increase self-awareness and manage symptoms of anxiety and lows moods.

We also have a school nurse who visits every 2 weeks. This is an external service. HOYs can choose to refer or students can self-refer. Further details are on the school website in 'Our Parents' then 'Welfare Resources' section.

If you'd like to seek further support outside of school, please visit our school website for external mental health services that you can seek advice from for your child.