

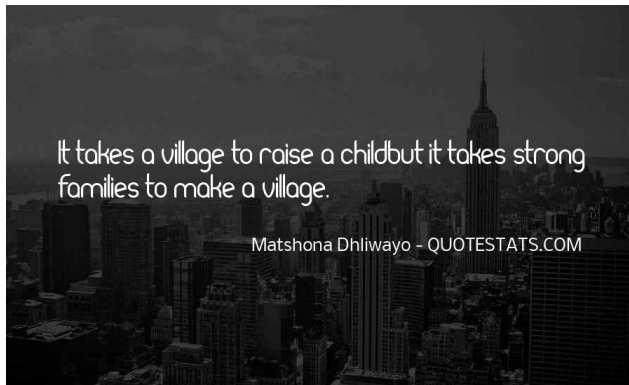


'As each one does their part, we grow in love'

Ephesians 4 vs.16



Support is there and here...just reach out.



'It takes a village to raise a child but it takes strong families to raise a village.' This quote fits perfectly with our ethos and commitment to supporting our families. We recognise that life presents unpredictable challenges, and, that all of us may need support at some point in our lives. We also recognise, and it has become apparent due to the pandemic, that children can be affected by those challenges and the life changes that come with them.

We also know that asking for help is often very difficult; we *all* want to appear to be coping and manging ourselves, and we don't always know the type of support that is available. As a school we would like to remove the barriers and make it as smooth as possible for anyone who needs support to receive it as soon as possible. Early help is vital in preventing problems becoming bigger or becoming unmanageable and therefore, affecting our little people.

We would like to think, we are your village. Your child's school can be the first 'port of call', if your family needs support with:-



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Bereavement & loss, Divorce or Separation, Children's Mental Health e.g. anxiety, anger. Child's Physical Health e.g. sleep, bed wetting or eating difficulties. Parenting Ideas and Strategies and more.

Life's challenges can be supported through our

Social & Emotional Support Pathway.

Drop Ins with Mrs. Gill Gatehouse Trauma Informed Schools Practitioner & Family Link Worker











In the first instance you can arrange a Drop In with Mrs. Gatehouse through your child's class teacher or via the school office. Drop Ins are held from 8:45 am until 9:15 am most mornings or you can catch Mrs Gatehouse on the crossing into school. Drop In meetings are completely confidential. Support can be offered there and then in form of parenting tips or sign posting to specialist organisations. At the Drop In, an assessment of needs can be made for parent, children or the family as a whole. If it is decided that some extra support for your child's psychological safety (social and emotional needs) is appropriate, Mrs Gatehouse can offer a range of services.

Parenting Workshops

Our school staff aim to promote psychological safety at all times and one of the ways we do this is by using play and positive language with our children. The use of a phrase can be the difference between how a child understands our meaning and therefore how they act on our words. Each term we hold Parenting information workshops for:

Language and Communication & Play

Further ways to promote psychological safety is by using play and being playful thus, strengthening attachment (bond). Our playful approach can help prevent toxic stress (melt downs) building up in our children, helping to keep them calm and therefore able to learn and socialise. As many parents have found, the pandemic and the busy lives we lead, have increased the stress levels in all of us.

YOUR WORDS		MATTER
INSTEAD OF...	TRY	
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.



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Emotional Literacy Support Assistant (ELSA), Trauma Informed Schools Therapeutic Intervention (TIS) or Time To Talk (TTT)

Sometimes children require an intervention for a specific difficulty such as Bereavement, Anxiety, Anger, or sometimes, time to talk about a particular thing that is troubling them. Mrs Gatehouse can provide a 6-8 week course to help children understand how their brain and bodies work together and how they can learn to manage their big emotions healthily. Also, our families can be referred to our colleagues at the National Health Service, Mental Health Support Team. They offer parents Cognitive Behavioural Therapy (CBT) parenting courses where parents work with their child.



We have access to the School Nursing Team who offer resources and support for children's well-being and many common childhood ailments from fussy eating, sleep guidance to bed wetting.



On other occasions, a **Team Around the Family Meeting (TAF)** can be arranged to support families during difficult times. This is when professionals with specialist expertise and experience, including Locality Family link workers, can come together and find the most timely and effective support for your family's needs.



In times of bereavement, it may be comforting to know that we can also refer families to Mosaic Bereavement Services; to The Family Counselling Trust and many other alternative provision providers through the Dorset Families Matter organisation.



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Please don't suffer in silence. Let us be your village!

