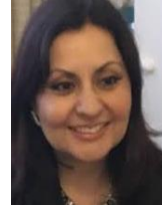




# A Parent Guide to the Wellbeing Support at South Hill School



## Meet the Team



Mrs Donley

Mrs Albery

Mrs Evans

Mr Brathwaite

Miss Iroegbu

Mrs Twomey

Mrs Khan

Everyone at South Hill School is committed to ensuring that every child and family is supported to have and maintain healthy wellbeing.

The team above work together to focus on ensuring that the daily life for children and families is positive, both at school and at home. Read more about them over the page!

## Wellbeing for ALL

At South Hill School, take pride in the pastoral support we offer our pupils and families. We have a Wellbeing team which focuses on supporting pupils' personal development and welfare. Our Wellbeing team also signposts families to services they may need. Through our therapeutic approach to behaviour, we promote resilience and independence. We use the 'Zones of Regulation' across the school which is a behaviour approach used to teach pupils to self-regulate their emotions and to take ownership over their behaviour. Our aim is to ensure we have happy pupils who are ready to learn.



At South Hill, we incorporate into our curriculum and extra-curricular activities many different ways to enhance wellbeing.

**Connect:** PSHE curriculum, Clubs – Roxolid, Happy Humans, Stop and sit, mindfulness activities, friendship bench, Year 6 buddies, Choir trips, singing assembly, international day, South Hill Festival



**Be Active:** PE curriculum, sports clubs – Dance, Football, Multi Sports, Sports Festivals, Sports Day, Teams, matches, Daily mile, playtime activities – K2, smokey trail, basketball, football, multi activities, Go Noodle, Active maths



**Take Notice:** Forest School, Eco team – litter pick, stop and sit, RSPB Birdwatch, science experiments, art week and art gallery

**Give:** NSPCC numbers day, school ambassadors, visits to retirement homes, making cards, PTA gifts, eco team, litter pick



**Keep Learning:** The whole school curriculum, clubs – first aid, maths, science, sports, arts, music, choir, rock steady band, offsite school visits, picture news assemblies, learning to play an instrument e.g. ukelele

## Our mental health and wellbeing team



Mrs Donley, Senior Assistant Headteacher, leads the team and is overall responsible for wellbeing and mental health support in the school. Jacqui ensures that individuals, groups and classes have access to the support they need, as well as being the SENCO and Safeguarding Lead in the school.



Mrs Albery, as well as being Sparrows class teacher is the lead teacher for the wellbeing teaching and opportunities in the school and Personal, Social, Health Education (PSHE) Curriculum Leader. This year she has created a sensory garden, led mental health and wellbeing assemblies, led the school council, and continues to keep our pages on the school website up to date.



Mrs Evans, as well as being a co-class teacher for Ash class, is our Forest School leader and mental health first aider. Mrs Evans has designed the Forest School curriculum and teaches all year groups throughout the year. On Thursday mornings, she takes small groups of children for additional forest school sessions, as an intervention to support self-esteem and confidence.



Miss Iroegbu, starting working at South Hill School in September 2023. Her role is 'Pastoral Support Assistant' and she assists parents to find support when needed and gives advice and practical help. Miss Iroegbu runs coffee mornings for parents / carers throughout the year – so do look out for these and come along to meet her when you can.

## Our Mental Health Support Team

Our team consists of trained staff who work with children with identified different levels of need. Mrs Donley, alongside teachers and parents/carers decides which adult might be best to work with individual children and the objectives of the work. All work with children is for time limited periods. If ongoing support is needed, the family or school may make a referral to the 'Children and Adolescent Mental Health Services' (CAMHS).



Mr Brathwaite, more commonly known as 'Mr B' is alongside his PE, sports and class cover role, has training as an Emotional Literacy Support Assistant (ELSA). Mr B works with a number of children during the week to support with emotions and resilience. He works with children who have suffered bereavement, suffer with anxiety or anger and at times carries out SMART moves interventions to support physical development.



Mrs Twomey is a certified Play and Arts Therapist. Her company is known as 'Dream Catchers' and she works in school one afternoon a week. Mrs Twomey works using a child-led therapy approach that meets the child at their level; regardless of developmental age, gender, background or special educational need.



Mrs Khan is also a certified Play and Arts Therapist as well as being a qualified teacher who also works with children with Special Educational Needs. Mrs Khan works in school one day a week and uses a child-led therapy or counselling approach. Mrs Khan may also provide drawing and talking therapy for children and provide protective behaviours support.

Alongside these incredible professionals we also, at times, make use of the **school nursing service** and **Gade Pupil Support**.

If you would like to know and see more of what we provide at

South Hill School please take a look at our website:

Wellbeing page for parents: <https://www.southhill.herts.sch.uk/wellbeing>

Wellbeing page for pupils: <https://www.southhill.herts.sch.uk/wellbeing-for-children>