

Pastoral Care: How is my child's social and emotional wellbeing supported in school?



At Manor Park First School, we take the wellbeing of all children very seriously. All emotions are a natural part of child development and are explored through our curriculum. All children will experience a range of emotions. However, not all children can put their feelings and needs into words every time they experience a different and big emotion, but the way they behave can tell us a lot about how they are feeling. There are also times where children need pastoral support because of significant life events.

How do the class teacher and school support my child's needs?

- The school follows **myHappyMind** programme, a comprehensive programme to support children and their families with their wellbeing
- whole school behaviour system
- check ins (class staff, pastoral team)
- classroom adjustments
- discussions with families
- social communication groups
- targeted support in class



What if my child needs a greater level of pastoral support?

- Provision offered by the Pastoral Team includes support from an Emotional Literacy Support Assistant (ELSA), Play Therapy, Lego Therapy, social communication groups and Forest School. Where appropriate, referrals can also be made to Koru or Mosaic amongst other organisations.
- Children taking part in pastoral support programmes are offered 6 sessions of support and families are involved in the process.



What areas does an ELSA help with?

ELSA sessions are not a 'fix', but help children find some strategies to support them manage difficult emotions. Areas might include:

- loss and bereavement
- emotional literacy
- self-esteem
- social skills
- friendship issues
- relationships
- managing strong feelings
- anxiety and worries
- bullying
- conflict
- emotional regulation
- growth mindset
- social and therapeutic stories
- problem solving



Attendance: my child is anxious about coming to school every day.

- Many children needing extra pastoral support display anxious or dysregulated behaviour, but this can be masked in school.
- Low attendance can increase this, as the child is then worried about returning after a break, missed lessons, or friendship worries.
- Please talk to the school about how we can ensure your child maintains a good attendance record.