

# OVERVIEW

Aim High, Work Hard, Dream BIG!



Art Club looked at Edvard Munch's "The Scream" painting to see how much expression can be created with lines and colour. We decided that blow painting would be perfect for crazy, scary hair too!

At **The Parkland Federation**, we believe effective pastoral care supports children with their natural progression and facilitates the development of their self-esteem, social skills and ability to cope with the stresses or feelings of anxiety that they may come across as they grow up. It is important that pupils feel safe and valued in our school environment and pastoral care can help ensure this. Every staff member at Parkland is devoted to the personal and social development, education and care of all pupils across the schools. Our overarching school values ensure a strong inclusive ethos and the support we offer compliments our curriculum perfectly. Pupil happiness and wellbeing are prioritised at all times. Our Pastoral Lead has 20/20 vision when considering the needs of all pupils and drives a team of professionals to deliver top pastoral care with energy and insight. This team consists of:

- ★ A School Counsellor
- ★ A Play Therapist
- ★ Animal Therapy Specialists
- ★ Art Therapy and Drawing and Talking Therapy
- ★ A Designated Thrive Practitioner and an Emotional Literacy Support Assistant
- ★ A Family Liaison Officer (FLO)



When a child is experiencing emotional difficulties, the class teacher will refer them to the Pastoral Lead who will assess the needs and make contact with parents to decide on the best steps to take to support the child. Regular updates are provided by the school to ensure clear communication. This support may be short term or long term.



# OUR SPECIALISMS

## Play Therapy

Therapeutic play is a well established discipline based upon a number of psychological theories that support children in communicating their struggles and difficulties. We have a safe, confidential and caring environment where both child and therapist enter into a trusting relationship that enables the ability for self expression and an opportunity to make sense of the difficulties they experience. Our qualified person centered counsellor is highly experienced and offers the core therapeutic conditions of congruence, unconditional positive regard and empathy, which is fundamental to person-centred counselling. She develops a gentle and trusting relationship with both pupil and parent in order to ensure her clients thrive.

Our play-based counselling practice offers a regular space and time for the children to talk or think about worries or difficulties. It supports young people to explore their feelings and to look at how they might want things to be different, by talking and using a range of play activities or mediums. It may be about developmental issues, resolving problems, improving relationships, making choices, coping with changes, gaining insight and understanding and growing as an individual.



## 1:1 Counselling

We offer a highly experienced Counsellor who has almost a decade of experience in supporting the emotional needs of young children. Her approach with children is non-directive and non-advisory and her method is to provide support to enable children to gain insight into the problems or difficulties they are experiencing and to become more able to make the changes they want in their lives. She offers the core therapeutic conditions of congruence, unconditional positive regard and empathy, which is fundamental to person-centred counselling. We believe good working practice involves working in partnership with parents as well as teachers. Evidence supports that children are able to progress emotionally and academically through our approach to individual counselling.

## Animal Therapy

We believe that there are many benefits to the work done by our wonderful Pet Therapists. These include, but are not limited to, **Physical benefits** - Interaction with therapy animals has been shown to reduce blood pressure, provide physical stimulation and assist with pain management. **Social benefits** - A Therapy Animal promotes greater self-esteem and focused interaction with other children and teachers. **Cognitive benefits** - It has been empirically proven that therapy animals stimulate memory and problem-solving skills. **Emotional and mental health benefits** - A recent national survey of children's mental health found that recognised anxiety disorders are increasing. A Therapy Animal can lift mood and can also offer unconditional friendship to children.



## Family Liaison Officer (FLO)

We include in our team a qualified Triple P Practitioner for the Positive Parenting Programme. Our Family Liaison Officer works mainly in the home with parents to address any difficulties they have with their children using the Triple P approach. With many years of experience, she supports parents with housing issues, mental health concerns, behaviour at home (including sleeping and eating habits) and can sign post to external agencies as and when needed.

## ESCC Mental Health Support Team (MHST)

MHST offers short-term support for children and young people affected by mild to moderate mental health needs. The main interventions offered by the MHST are based on low-intensity Cognitive Behaviour Therapy (CBT). This approach explores the links between thoughts, feelings and behaviour and helps young people develop strategies and behaviours to improve their wellbeing. Interventions normally last between 4 and 10 weeks.



### Drawing and Talking

#### Drawing and Talking Therapy

We have a recently trained therapist who uses the The Drawing and Talking Therapeutic approach. This allows individuals to discover and communicate emotions through a specialist non - directed technique.

#### Therapy of Art

Our Therapy of Art Practitioners offer small group sessions where art is used as an exclusive medium for children to express thoughts, feelings and emotions. The technique is rooted in the idea that creative expression can foster healing and mental well-being. It is used to help children explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.



## The Rainbow Room (Thrive Based Unit)

Our Rainbow Room is led by a qualified Thrive Practitioner and our fully qualified ELSA (Emotional Literacy Support Assistant). The concept of Thrive was developed more than 25 years ago with its founders drawing on a wealth of experience in social work, psychotherapy and education. The aim was to support children and young people's social and emotional development.

Our practitioners aim to provide children with the knowledge, skills and tools to optimise social and emotional development and build stable and lasting relationships as they grow and progress. Time in the Rainbow Room can be temporary while support is needed due to personal circumstances, or it may be more regular. Our specialist team assess and adapt throughout each term to ensure that they are providing an exceptional level of care and support.



Let's help every child

# thrive



# MEET THE PASTORAL SUPPORT TEAM



Mrs Das  
**Pastoral Support Leader**  
Drawing and Talking  
Therapist



Mrs Taylor  
Thrive Practitioner



Mrs Elphick  
Lead Therapy of  
Art Practitioner



Mrs Wingett  
Family Liaison  
Officer (FLO)



Miss Hollobone  
Emotional Literacy  
Support Assistant  
(FLSA)



Mr Stevens  
Pupil Premium Leader



Mrs Downes  
1:1 Counsellor



Miss Rayner  
Play Therapist



Miss McCaffery  
Attendance Officer



HONESTY

ASPIRATION

RESILIENCE

POSITIVITY

COOPERATION

