

## **Groups for Children**

These are run for children who may have experienced loss, anxiety, friendship issues, lack of confidence and self esteem and have difficulties in the classroom and making friends.

Children are given the opportunity to talk about how they feel and how they can manage their feelings. The groups have rules, one of which is that everything said remains confidential within the group. If you feel your child needs support, please let the class teacher know or contact one of the Pastoral Team.

## **Pastoral Team**

### **Assistant Head for Safeguarding and Well-being:**

Mrs R Taylor

### **Assistant Head for Inclusion:**

Miss H Elderfield

### **Thrive Practitioner:**

Miss O Connolly

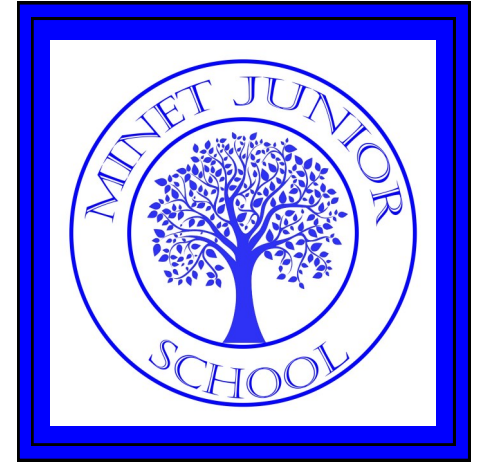
Miss L Amber

### **Learning Mentor:**

Mrs S Elliott

### **Family Support:**

Miss R Short



# **Support for Parents and Children at Minet Junior School**

## Supporting Parents

Parenting is a 24 hour job and doesn't go away when you are feeling poorly or having an "off" day. It's easy to feel that you have to become "super parent" and meet all the needs of your children for entertainment, education, love, affection, food drink, safety etc.

Overstretched parents eventually reach a point where they feel they can no longer cope. It is vital that you learn to take care of yourself, only then can you parent well. Your children need you to be happy and healthy. Humans do not just run on food—they need "energy" in the form of love, recognition, touch and talking with others.

Most parents, or those who work with young people, want them to be able to deal with the four basic emotions. These are **anger**, **fear**, **sadness** and **joy**.

**Anger** is what makes us stand up for ourselves; **fear** keeps you from taking risks; **sadness** is the emotion that helps us grieve and **joy** is what we start to feel when our needs are being fulfilled.

## Supporting Children

### What can we do to help?

Here at Minet Junior School, we offer lots of help and support to both parents and children. Support for parents who just need someone they can off-load to or to get some advice on getting their child to school in the mornings. There is support for children in helping to manage the four basic emotions described above.

### Parent Support Groups Workshops

One-to-one support and workshops giving practical advice on different themes including bedtime routines, behaviour, healthy eating, interacting with your child and helping your child with homework.

### Marlborough Group

Parents and their children to discuss openly concerns and issues that arise.

### Arts and Crafts Club

Creating arts and crafts.

## Types of Support

### In School Support

**Anxiety Group / Friends**— providing children with strategies who feel anxious and need support in transition.

**Lego Therapy**— to help concentration and help listen to instructions. This works exceptionally well with children who have Autism.

**Sand Therapy / drawing and talking**— enables children to identify their emotions by not using words but by drawing.

**Book of Beasties**— mental health wellbeing programme

**Seasons for Growth**— for children who have experienced loss and trauma

**Social skills**— strategies for children in making good choices

**Art Therapy**— Provides support for children who have involvement with social services or have experienced trauma.

**Behaviour Mentor**— Supports children struggling with making friends, low self-esteem and confidence issues.