

## **Student Wellbeing Support at St Peter's Catholic School**

At some point in your child's journey at St Peter's, they may require support to maintain their wellbeing. The Pastoral Support Team (PST) is a dedicated group of staff who oversee all elements of pastoral care at the school.

This document outlines what to expect from the wellbeing support system, from a student's first disclosure to the support they may receive.

### **What Might a Disclosure/Event Involve?**

1. Regular feelings of anxiety
2. Online Safety
3. Panic/anxiety attacks
4. Feeling overwhelmed in different environments
5. Insecurities around peers
6. Self-harm
7. Suicidal thoughts

For disclosures involving self-harm or suicidal thoughts, our Safeguarding Team will be notified, and we strongly recommend that you seek further guidance from your child's GP.

### **Initial Steps**

1. A conversation takes place between the Tutor or Head of Year (HOY) and the student
2. The HOY will decide which member of the PST is best placed to support the student, in collaboration with the SENCO where appropriate
3. A referral is made. Wait times vary, and HOYs will provide an estimated timeframe
4. Support begins and is reviewed by a designated staff member to assess the impact

Due to demand, support is often short-term.

### **Who are the PST and What Support Is Available?**

**Tutor & HOY:** Your child's first point of contact for wellbeing concerns.

#### **Mental Health First Aiders:**

- Trained staff who provide immediate, confidential support to students experiencing emotional distress
- Offer a listening ear and emotional first aid
- Help students identify coping strategies
- Signpost to further internal or external support
- Conduct informal wellbeing check-ins and triage needs

#### **ELSA (Emotional Literacy Support Assistant):**

- Weekly or fortnightly 30-minute sessions
- Uses talking therapy, worksheets, art, and calming strategies
- Builds emotional vocabulary and resilience
- Includes Pets as Therapy (P.A.T) for selected students

### **HSLW (Home School Link Worker):**

- Supports students and families in school or at home
- Helps access external services
- Offers non-judgmental, counselling-style conversations
- Especially helpful during family changes or crises

### **School Counsellors:**

- Two part-time counsellors offering short-term therapy
- Provide a safe, confidential space to explore emotions
- Teach coping strategies and psychoeducation

### **School Nurse:**

- Students can self-refer or be referred by HOY
- More information is available on the school website under 'Our Parents' > 'Welfare Resources'

### **Additional Wellbeing Partnerships and Programmes**

1. **The Matrix Trust:** A local charity providing mentoring, drop-ins, and safe spaces to support students' confidence and wellbeing.
2. **Xavier Lifestyle First:** A trust-wide programme promoting healthy habits through focus on sleep, nutrition, exercise, and mental health.
3. **Sixth Form & Staff Coaching:** Trained students and staff use coaching conversations to support goal-setting, confidence, and personal development.
4. **Surrey MHST:** A school-based service offering early mental health support, advice, and access to specialist professionals.
5. **Mental Health Champions:** Trained students who promote positive mental health, raise awareness, and offer peer support within the school community.
6. **Wellbeing Working Groups:** Our working groups support students in building strong female friendships, boosting self-esteem, and developing healthy habits for lifelong wellbeing.