

# Pastoral Support @ GSHS



At George Stephenson we are committed to being an emotionally healthy school and providing exceptional care, guidance and support to our children and young people. We have a strong and experienced pastoral team to ensure timely intervention and effective support for all students. Below you will find information on the range of pastoral services we offer in school.

## Family Liaison Workers

We have two Family Liaison Workers who work closely with school staff to support students who may be experiencing difficulties in school or at home. Sarah and Alison aim to offer early intervention, preventative support, guidance and advice to improve outcomes for students and their families within a school context, through working in partnership with parents/carers and other agencies. Students can request a referral to the FLW or it may be recommended by their Guidance Manager. FLWs offer a block of 6 appointments or refer to a more appropriate service. They can support with:

- Attendance
- Home learning
- Healthy relationships/sexual health
- Support for challenging behaviour
- Emotional wellbeing
- Confidence
- Problem solving strategies
- Signposting to other services to support wellbeing

## 'Someone Cares'

Brenda from 'Someone Cares' provides a counselling service to students and is based in school two days per week. She supports students on a 1:1 basis and can support with:

- Problems at home
- General anxieties
- Low mood
- Relationships
- Exam Stress
- Bullying
- Bereavement

## Education Mental Health Practitioner + The Mental Health Support Team

Our Education Mental Health Practitioner is based in school every Thursday. Carly typically works with students for 6-8 weeks using CBT style interventions. Guidance Managers can refer students to work with Carly if they feel they need support with areas such as:

- Low mood
- Mild/moderate anxiety
- Thoughts of self-harm
- Friendship skills/relationships
- Emotional regulation
- Low self-esteem
- Resilience building/Problem solving
- Social media
- Transitions
- Exam Stress
- Identity
- Impact of Covid
- Sleep difficulties
- Separation/divorce of parents