



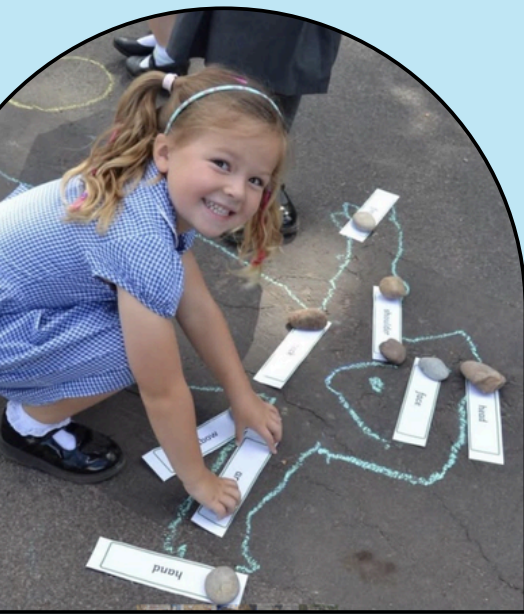
KTPS Pastoral Support Offer

Working together to support the wellbeing of children and families in our school community.



Pastoral Support Offer

At Kingstone and Thruxton Primary School, we recognise that every child and family is different and that, at times, we all need a little extra support. This booklet outlines the range of pastoral support available to our pupils, parents and carers throughout their time with us. Whether you are looking for longer-term support or need some short-term help in response to a difficult situation, we have a variety of ways in which we can help. We are always happy to listen, offer guidance and work together to find the right support for you and your family. Please remember that our door is always open, and we are here to help whenever you need us.



We Are Proud to Be a THRIVE School



Thrive is an approach for evaluating and nurturing children's emotional and social growth, allowing for the creation of tailored action plans for classes, groups, and individuals. All teachers and the Thrive practitioner use an online tool called Thrive online to help identify children who would benefit from the additional low level support. The results help the Thrive practitioner to plan and deliver sessions that are tailored to best meet the needs that are indicated.

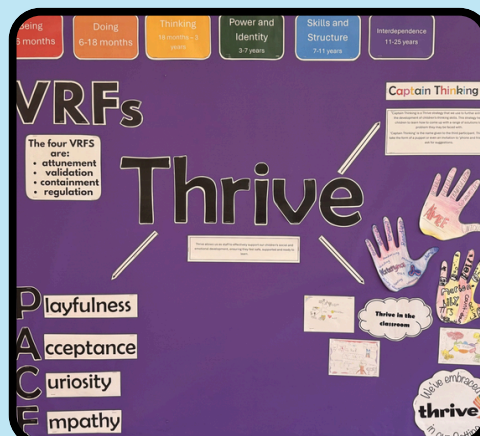
Miss Exley delivers 1:1, class and small group Thrive sessions. If your child is selected to participate in Thrive sessions, Miss Exley will be in contact to inform you that sessions will be taking place and share any key aims of the sessions. This is also an opportunity to ask any questions.

Why are we a Thrive school?

- **Positive relationships are at the heart of Thrive. We use these relationships, together with play and creative activities, to give children key experiences at each different stage of their development.**
- **Thrive teaches the understanding of children's behaviour as communication, improves learning skills and leads to greater attainment.**
- **It promotes productive learning for all children.**
- **It leads to better relationships at home and in school.**

Thrive provide free resources for parents and carers on the their website. If you would like to access these resources, search

<https://www.thriveapproach.com/resources?category=parent-and-carers>



THRIVE Window

In addition to one-to-one and group interventions, we deliver weekly 'THRIVE Window' sessions, during which every class participates in a 20-minute THRIVE activity, which is delivered by the class teacher and is tailored to the specific needs of the class. This whole-school approach strengthens our commitment to the THRIVE principles and ensures that all children have access to a personalised pastoral programme that supports their emotional wellbeing, relationships, and readiness to learn.



All teaching staff and the THRIVE-licensed practitioner have access to the THRIVE Online platform, which enables adults to assess the developmental and emotional needs of both individual pupils and whole classes. Through this process, staff can identify areas of strength and need and use the platform to create tailored action plans and targeted support strategies. We are proud to offer THRIVE sessions as an additional avenue of support for our pupils. These low-level interventions are delivered through engaging, play-based activities, including games, creative arts, and structured opportunities for social and emotional development.

Additional Support Available in School

As well as our Thrive sessions, pastoral sessions are implemented for children who are identified as needing specific targeted support. These are either in the form of 1-1 or group sessions and are delivered by Miss Exley. Sessions may focus on:

Anxiety and worries - we like to develop strategies such as box breathing, sensory grounding and brain dump activities to help reduce anxieties and worries.

Healthy habits - these sessions can involve trying new healthy foods, getting active and setting mini challenges to develop new healthy habits.

Time to talk sessions- this is an opportunity for our children to have time with an adult to share their thoughts and feelings.

Self esteem - we complete reflective and mindful activities, such as journaling and strength identification, along with other activities to help build self esteem.

Personal hygiene - we use play based learning to explore personal hygiene and also work alongside other professionals to promote positive personal hygiene.

Online safety - we use story books and scenario based quizzes to explore the importance of online safety.



We use a range of resources in pastoral sessions. These include social stories, art activities, board games and more. These activities help promote questions and conversations around the session's focus.



Often children just need the opportunity to have time to talk and share their thoughts and feelings. We often use journals for those children that find it more difficult to articulate how they are feeling. Journals ensure they have another method of sharing any worries or concerns with trusted adults.



We have weekly wellbeing club during lunchtimes. This is an optional club, which children can attend. It offers a time for children to talk with friends, as well as Miss Exley and also participate in some mindfulness activities.

Targeted Family Support - Families First Partnership



We all face different challenges in life, and sometimes it can be difficult to know what support is available or what would be most helpful for you and your family. We are always here to listen, offer advice and help you explore the support that is right for your circumstances.

Where appropriate, we may suggest completing a Family Help Assessment and Plan. This allows us to work together to create a personalised plan that reflects your family's individual needs, helping you access the right support at the right time.

The Family Help Assessment means you won't have to repeat the same information to different professionals. Instead, your needs and circumstances can be recorded in one place, and an action plan will be agreed with you. This ensures that you receive the appropriate support from professionals you know and trust.

Family Help Plans can support you with:

- Family relationships and communication
- Challenging behaviours and managing difficulties at home
- Housing and financial concerns
- Emotional wellbeing and family support
- Any other issues that may be affecting you or your family

Our aim is to work alongside you, helping your family overcome challenges and access the support you need.

How does a family plan work?

Children and families have told us that when they need extra help, they want support to be coordinated by a consistent and trusted individual. In response, the Families First Partnership Programme promotes the role of Family Help Lead Practitioners (FHLPs).

FHLPs will come from a range of professional disciplines and bring the skills, knowledge and experience needed to support families effectively. Miss Exley would be the FHLP for the family first plans.

-We will take a whole-family approach, understanding that supporting the wider family is key to improving outcomes for children and young people.

-We will act as the main point of contact, providing consistency and continuity for as long as support is needed, while coordinating input from partner agencies.

External Agencies

We have fantastic relationships with a wide range of external agencies who provide advice, guidance and additional support to children and families when it is needed. We work closely in partnership with these professionals to ensure that the right support is put in place at the right time, helping to meet the individual needs of each child and family. Many of these agencies regularly attend our after-school wellbeing events, giving families the opportunity to learn more about the services available and how they can access support. They also work alongside us in school, providing targeted support and guidance to children and families when required.



Home-Start is a local community network of trained volunteers and expert support. We help families with children up to 18 years with practical and confidential support. Being a parent can be lonely, frustrating and overwhelming. Home-Start is there for families when they need it the most, because childhood can't wait. You can access support by visiting https://home-startherefordshire.co.uk/get-support/#support_how

Our mission is simple: to support those in need and ignite positive change. From lending a helping hand on the streets of Hereford and nurturing families in their homes, to supporting individuals through life's challenges. If you would like to contact Vennture to find out more or access support, details are below.

tel: **0330 20 20 730**
info@vennture.org.uk



MELO provides a range of early interventions and preventative support options to improve the emotional wellbeing and mental health of the child or young person, from birth to 25 years, and that of their family.

Melo is available to all Children & Young People aged 0-25 and their families who need support. You can visit the website below to find more information and access referral forms.

<https://www.onside-advocacy.org.uk/melo?scrlybrkr=4a195835>

The Wellbeing and Emotional Support Teams (WEST) in schools service is designed to help children and young people ages 5-18 years access mental health and wellbeing support early on in educational settings.

It's all about ensuring children and young people can get access to the right help as early as possible.

Nina is our school WEST worker. If you feel your child would benefit from WEST support, please speak to Miss Exley.



School Nurses and School Nurse Assistants have specific skills and knowledge to help children and young people with their health needs by providing information, support and advice on topics such as healthy diet and exercise, emotional wellbeing and mental health including self-harm. This support is delivered through one to one sessions, small groups and on a larger scale in school assemblies. We can support with school nurse referrals or you can call, **07813 451034** for support from a School Nurse.

We're here to help young people when a loved one is diagnosed with cancer, MND, or any other serious illness. Support is available across the UK via Hope Online, whilst young people in Herefordshire can also access in-person support.

Our low level support is available from a loved one's diagnosis, and will continue for as long as it's needed – whatever the outcome for the patient. You can see more about HOPE Support on the website below.

<https://hopesupport.org.uk/support/>



Service Families

All staff have received training from Vennture regarding the ways in which we can best support our service families and understand the unique challenges they may face. Vennture can offer additional help and advice for service families in Herefordshire.

Vennture provides dedicated support for service families in Herefordshire, particularly those facing isolation, deployment stress, or relocation challenges. Through Vennture Families, they offer tailored family mentoring with a dedicated link worker for weekly, in-person, or phone support, focusing on parenting, mental health, and SEND support.

Key Support Areas for Service Families:

Support for Deployments: Dedicated assistance for families managing daily life alone during partner deployment.

Relocation Support: Vennture offers support to combat loneliness for families moving into the Herefordshire area.

Family Mentoring: Vennture provides a non-judgmental, independent, and consistent presence in the home or school to support parents and children.

Specialist Support: Assistance with children's mental health, navigating Special Educational Needs and Disabilities (SEND), and general, actionable family support.

Little Troopers Club

We run a dedicated after-school club for children whose parents or carers are serving in the military. This club provides a welcoming and supportive space where children can build friendships with others who may share similar experiences and talk openly about their feelings and experiences. It offers children the opportunity to connect with one another, share experiences and feel a sense of belonging within a supportive community.

How to access support

We have a number of staff members with military backgrounds who understand the unique experiences and challenges that military families may face. We are always happy to support parents and carers in accessing appropriate advice, guidance and services on their behalf.

Accessing Support:

Phone: 0330 20 20 730.

Email: help@vennture.org.uk

Top Tips for Parents

Build your Support Network

Could you build peer support with other parents? Some may join online networks:

Herefordshire's Talk Community webist can help you make connections.

Online Safety

Use age restrictions and parental controls to ensure your child keeps safe online.

ONLINE



What's on in your area?

Rainbows, Brownies, Guides, Beavers, Cubs, Scouts and Cadets are all places where children can have adventures. Play groups, nature trails are also cost effective activities.

If you need help, reach out for support

Ensure you are looking after your mental health and seeking support if you need it. Reach out and seek help and advice.

Get them Moving

Find activities your child will enjoy, so they can keep healthy and build healthy habits.

Encourage games, walks and being active.



Boundaries and Routines

Boundaries and routines can help build independence, resilience and respect.



If you feel you need more targeted support from an external professional, there are a number of courses available in Hereford for parents and carers. If you would like to see what courses are available and how they can help you, visit <https://www.herefordshire.gov.uk/family-support/becoming-a-parent/supporting-the-emotional-health-and-wellbeing-of-parents/>

To book a course, email CHAT@herefordshire.gov.uk or complete the referral form online.

Support for Parents and Carers

Talk Community Directory:

Provides local information, signposting, and wellbeing resources across the county.

<https://www.talkcommunity.co.uk/>

TALK COMMUNITY
DIRECTORY

Herefordshire Mind: Offers localised mental health services, training, and a Safe Haven out-of-hours crisis contact line.

mind
Herefordshire

Herefordshire

Samaritans: Located at 44a Berrington Street, offering a safe space and a free listening ear 24/7 at **116 123**.

SAMARITANS

Onside Advocacy:

Delivers free community, mental health, and capacity advocacy. More details are listed at Onside Advocacy.

ONSIDE
PASSIONATE ABOUT EQUALITY

The Cart Shed: Uses woodland crafts, horticulture, and occupational therapy to help adults manage mental health difficulties and emotional imbalances.


The Cart Shed
Transforming Lives

HVOSS (Herefordshire Voluntary Organisations Support Service): Connects people with local community groups, volunteering roles, and advice across the county.

hvooss