

TIS/Headstart Support Staff

Emily Rowe—SEND/CO/ Practitioner

Frances Evans—Practitioner

Hannah Simpson—CPO/Safeguarding
Lead

All staff within the school have also received training on how to support pupils and are supported and lead by the members of staff named above.

If you have any questions or concerns about your child or the support we offer please pop in and speak to a member of staff or contact the school via email or phone.

01208 850516

senco@st-breward.cornwall.sch.uk

fevans@st-breward.cornwall.sch.uk

hsimpson@st-breward.cornwall.sch.uk

Emotionally Available Adult.

For most children this is an adult at home, but sometimes we all need another person to talk to. An Emotionally Available Adult is someone who is there to listen, who talks, smiles and is simply there.

All children have a right to an Emotionally available adult—it is a right not a reward.

Protective factors =

Children being able to listen when we talk with them about behaviour and how to develop the skills in order to help themselves.

RESILIENT CHILDREN = HAPPIER CHILDREN ABLE TO LEARN.



St Breward CP School

St Breward
Bodmin Cornwall PL30 4LX
Tel 01208 850547

St Breward CP School

TRAUMA INFORMED SCHOOLS

Information
Leaflet for
Parents and
Carers



T.I.S

A Trauma informed School is one that is able to support children and teenagers who suffer with trauma or mental health problems and whose troubled behaviour acts as a barrier to learning.

The government Green Paper 'Transforming Children and Young People's Mental Health Provision' (December 2017) wants a Mental Health Lead in every school (trained member of school staff). Their research found that appropriately trained teachers /teaching assistants can achieve results comparable to those of trained therapists.

Here at St Breward Primary we offer emotional and well-being support to all pupils under a opt out format. All our staff are trained to provide emotional support to pupils as and when they need it. This may be through talking or through play/games. Each session is logged securely for future assessment and to support us to identify any further need.



What is Mental Health?

Mental Health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also determines how we handle stress, relate to others and make choices.

We have lots of chemicals in our bodies that need to be well balanced for our Mental Health to be good. Previous Trauma, Emotions and our responses to triggers can release these chemicals.

When our Mental Health is good, we feel positive about ourselves, enjoy being around others and feel able to deal with life's challenges.

Trauma

Trauma is a type of damage to the mind that occurs as the result of a severely distressing event such as:

Loss/ bereavement, Separation, Anxiety, Panic, Bullying, significant change; moving house/ school, upheavals and any change that is affecting them.



Headstart

We are lucky to have 2 members of staff who are also trained through Headstart Kernow .

They will be co-ordinating and delivering bespoke support that is created for each individual child that needs extra support. An online tool called Motional is used to assess the children's wellbeing through the form of a 'snapshot'. This platform is very secure but we will require your permission for your child's information to be entered.

The Headstart support has specific programmes designed to address emotions such as: anger, fear, panic, and grief. Each programme is designed around the PACE model: Play, Acceptance, Curiosity and Empathy.



If you would like your child to have the extra support through the Headstart program then please speak to a member of staff or pop into the office for a chat with Emily or Frances.