

# Welcome to P.I.T. Stop

(Our Pastoral Inclusion Team)

2025-2026



# *What is P.I.T Stop?*

Our Pastoral Inclusion Team provides additional enrichment and PSHE (Personal Social Health and Education) support for children, their families and their Carers.

- PSHE is an integral part of the National Curriculum which is taught in all schools. Children who come to the P.I.T. Stop are supported through group work, one-to-one pastoral mentoring or play therapy.



# What can P.I.T Stop help with?

- Anxiety and worries
- Bereavement
- Support understanding parental separation
- Early childhood trauma
- Confidence and Self-Esteem
- Resilience
- Identifying and managing feelings
- Self-regulation strategies
- Mental health and wellbeing
- Social skills
- Emotion Coaching

Plus much more!

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# Who is in the P.I.T. Stop Team?

- Mrs Brooks - Assistant Headteacher for Inclusion
- Miss Major - Assistant Headteacher for Inclusion
- Mrs Penny - Pastoral Support Leader & Emotional Literacy support assistant
- Mrs Hall - Pupil Support Leader & Attendance Officer
- Ms Heseldon - Assistant SENCO
- Miss Foskett - SEND Teaching Assistant
- Miss Cooney - Speech and Language Assistant



# *Our Groups in KS1*

- KS1 Social Skills -
- KS1 1:1 Mentoring
- KS1 Emotional Literacy Support Intervention (ELSA)



# *Our Groups in KS2*

- KS2 Social Skills -
- KS2 Emotional Literacy -
- KS2 Self-Esteem & Confidence -
- KS2 1:1 Mentoring -



# Frequently Asked Questions

- **Why has my child been chosen?**

Children are referred by either their teacher, members of the PIT Stop Team or their parents/carers. Children can be referred for a variety of reasons including:

- Requiring a confidence boost
- Support with friendships
- Bereavement

We also have a drop-in service where children can self-refer and request their own appointment.

- **How long will the sessions last?**

This depends on which service in PIT Stop your child is accessing. Time2Talk and other low-level drop-ins last approximately 10/15 minutes. Small group interventions last approximately 20 minutes and 1:1 therapeutic services can last up to 60 minutes per week.



# Frequently Asked Questions

- **Will my child miss any of their key subjects whilst attending their session?**

We work closely with your child's teacher to ensure that key learning within the curriculum isn't missed and/or they are provided with opportunities to catch-up with additional adult support in the classroom..

- **Who should I talk to if I have any questions?**

Should you have any questions please do not hesitate to get in contact with a member of the P.I.T. Stop team who will be more than happy to arrange an appointment with you.

