



P.I.T STOP

Pastoral Inclusion
Team

2023-2024



Who's Who?

Mrs Brooks

Miss Major

Mrs Hall

Mrs Penny

Mrs Balachander

Skye

Miss Withers

Ms Heseldon

**PIT STOP
WORKERS**



**Pit
Stop**



Nurture Lunch Club

Draw and Talk

.pawsB

Time4You

ELSA

Time2Talk

Time2Be

Bromley Wellbeing

Living On

PSHE

Play Therapy

Emotional Coaching &
Mental Health First Aid

Mindfulness

Therapy Dog (Skye)

Sports Mentors

Social Skills

Early Help / CAF

Bromley Mentoring

Transition Support

Restorative Justice

Offer

Social Skills

The image shows the cover of a book titled 'SOCIAL SKILLS ACTIVITIES FOR KIDS'. The title is written in large, colorful, block letters. Below the title, it says '50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules'. The cover art depicts three children (a girl with a ponytail, a boy with a backpack, and another boy) standing outdoors in a park-like setting with trees and a blue sky with clouds.

SOCIAL SKILLS

ACTIVITIES FOR KIDS

50 Fun Exercises for Making Friends,
Talking and Listening,
and Understanding Social Rules

Groups of children identified by members of the Pastoral Team and/or through discussions with Class Teachers as part of Pupil Progress Meetings.

Groups of children are taken out once per week for a limited period to deliver social skills interventions. These might include:

- Compassion Comprehension
- Cooperation Tasks
- Empathy and Following Direction
- Recognising Body Language
- Manners and Eye-Contact

Some individual pupils may have ongoing targets linked to social cares with such intervention programmes being listed as a provision with their EHC plan. Due to the longevity of such programmes, these are best delivered as part of quality first teaching and incorporated within PSHE time where appropriate in a whole-class setting or more bespoke with year group teaching assistants and/or TAWNCs.

Bromley Mentoring Programme (BMP)



**Bromley Education
Business Partnership**

•Mentors are adults from the local community who spend time with a young person with the aim of motivating and encouraging them to improve their skills and raise their aspirations. Bromley Mentoring Initiative supports a number of programmes including Primary Schools for children in Year 6.

Sessions are usually held on a fortnightly or weekly basis.

Mentoring Aims

- €Give you encouragement and develop your confidence
- €Listen to you and discuss anything you feel is important
- €Discuss possible solutions to any difficulties and help you decide what would be the best thing for you to do
- €Give you the benefit of their experiences of work and life, which can widen your personal knowledge and skills





Bromley Wellbeing



- **Our work with primary age children involves working closely with parents/carers and external agencies collaboratively to help understand their difficulties.**

In most cases, work for under 11s is with the parent or carer, in recognition of the vital role they play in a child's life. We offer evidence-based interventions to support parents and carers in understanding the presenting issues and empowering them to help and enable their child.

A key aspect of our work with primary age children is linking with their school and any other practitioners/agencies involved. This enables us to form a clearer picture of their needs, external support available or already being provided, and to ensure that we work together to hold the child in the centre of our planning.

Parents with under 5's are recommended to liaise with their health visitor and we will also help link with early year's education settings, if we feel this is appropriate.

Get instant access to digital therapy for your child.

Designed to help parents support their children aged 7-12 years who have difficulties with fears and worries. Lumi Nova: Tales of Courage is a fun, digital therapeutic intervention mobile app that has been shown to help children self-manage and reduce symptoms of anxiety. The app is free to London Borough of Bromley residents or those with a Bromley GP.

Time2Talk



Pupils are able to request appointments with a member of the Pastoral Team. These take place during break and/or lunchtimes and is an opportunity for children to speak freely about any problems or worries. This could include friendship difficulties, worries about an upcoming change, transition or a change in the school or family dynamic. This is the equivalent of a regular check-in but the emphasis is placed on the child and encourages them to be independent when requesting help and support. These sessions are informal and children can request to bring a friend with them. This is also an opportunity to undertake friendship mediation and conflict resolution.

There are Postboxes placed around the school where children can complete a slip and post-it. PIT Stop team members will routinely check the post-boxes and allocate an appointment time to the child based on a priority need basis. Staff will be familiar with vulnerable children and/or families and these children will have priority in the first instance.



Time2Be

Dedicated weekly 1:1 sessions using talking, creative work, sand and art play to support pupils who are struggling with their emotional mental health and wellbeing.

This is often for a time-limited period (usually no longer than 10 weeks) and is by referral only from school staff. Not all staff are trained counsellors but are mental health first aid trained and are able to build positive relationships with children and support them in understanding their emotions.

Typically, children attending Time2Be may be experiencing early signs of mental-health difficulties; have attachment difficulties, historic early childhood traumas including parental separation and or somewhat chaotic home-lives – this is an opportunity for them to be heard and listened to.

Time4You

Half termly open mornings for parents/carers to have a catch-up over coffee along with selected school staff from the PIT Stop Team.

This opportunity usually takes place in the school day at approximately 2.30 – 3.15pm and enables parents to connect as part of the school community.

Staff can use this as an opportunity to signpost parents to particular things going on in the school; be a listening ear to parents and encourage communication between each other. Uniting parents in sharing experiences of the ups and downs of parenthood in the 21st century.

Occasional guest speakers can be invited (eg. School ESafety Lead to discuss updates in relation to Cyber issues; Bromley Children's Project representative to share about upcoming workshops and courses they have available for parents etc).



Drawing and Talking



Drawing and Talking

An attachment based therapeutic intervention.

Drawing and talking allows individuals to discover and communicate emotions through a non-directed technique, setting it apart from other CBT therapies and interventions.

The trained staff member will meet with the identified child for 20-30 minutes each week; preferably on the same day, time and location each week. This is a 12 week intervention during which the staff member will learn to ask a number of non-intrusive questions about their drawings, and over time a symbolic resolution is found to conflicts and the trauma begins to heal. This intervention helps build healthy attachments and helps process trauma.



Nurture Club - Lunchtimes



- This invitation only lunchtime club is operated by members of the pastoral team. It is by invitation only and no more than 8 children can attend at any one time. No formal therapies or interventions take place during the club but instead, the focus is on nurture.
- Children attending the club can choose to eat lunch in the dedicated space rather than the canteen and they learn social skills together as modelled by the adult.
- Following lunch, children can choose to participate in a range of different activities including board games, drawing/craft activities, construction such as lego or k'nex or explore other sensory items in the room including fidget toys etc.
- This club is ideal for children who struggle during 'unstructured free play' and enables some boundaries to be implemented. This is a safe place. Children are not forced to attend, they are invited and attend for as little or as long as they feel comfortable to do so. More often than not, these children also have additional needs and may sometimes find the playground areas overwhelming resulting in undesirable actions. This nurture club provides a safe space for these children and also an opportunity for them to socialise in a different, yet safe and supervised, setting.

Emotional Coaching & Mental Health First Aid




- Unlike many of the other interventions, emotional coaching and mental health first aid is utilized on a needs-basis. This isn't a strategic forward planning resource but instead an opportunity to de-escalate and use moments of crises as learning opportunities. This is a 'fire fighting' part of the school's offer.
- **What is Emotion Coaching?**
- Emotion Coaching is based on the principle that nurturing and emotionally supportive relationships provide optimal contexts for the promotion of children's outcomes and resilience.

Emotion Coached children:

- Achieve more academically in school
- Improve relationships with their peers
- Have fewer behavioural problems
- Are more emotionally stable
- Are more resilient

Distraction and De-escalation are used in the first instance. Followed by emotional coaching when the child indicates they're ready to engage in reflective conversation.



Emotion Coaching uses moments of heightened emotion and resulting behaviour to guide and teach the child and young person about more effective responses. Through empathetic engagement, the child's emotional state is verbally acknowledged and validated, promoting a sense of security and feeling 'felt'. This activates changes in the child's neurological system and allows the child to calm down, physiologically and psychologically.