

Pastoral Support

The Catholic School of Saint Gregory the Great



What is the role of a Pastoral Support Worker

The role of the Pastoral Support Worker is essentially to focus on the emotional wellbeing of the child. There



are many factors which can affect this: starting school or transitioning to the next school year, the birth of a sibling, family illness (poor

physical or mental health), financial hardship, family breakdown, bereavement and bullying to name but a few.

Parents/carers and teachers can make a referral to the Pastoral department if they feel that a child needs a little extra support to cope during a tricky period in their life. Referrals tend to come about following a change in a child's behaviour. A child may become withdrawn or may start to display challenging behaviour.

In order to make a difference in a child's life, it is vital that parents/carers and school work together. A family is a unit whereby the emotional wellbeing of each member depends on that of the others.

If a parent/carer is struggling in any way, they too can access support from the Pastoral department.

The private Pastoral Hub offers a safe place for a parent to engage with a member of the team over a hot drink and a chat.

Ways in which the Pastoral team can help

- 1:1 bespoke support for individual children
- Sand Play Therapy sessions for children who have experienced trauma
- Small group work to boost self-esteem, resilience, encouraging a growth mindset, offering strategies/skills for children to transfer into real life situations
- Signposting/referring adults or children to other services to help with parenting, housing, domestic abuse, bereavement and mental health difficulties
- 1:1 parenting support
- Drawing and Talking Therapy
- Adult Education
- Play Therapy
- SEAL
- Food parcels
- Lunch time Hub Club



Agencies/Professionals to refer to;

- School nurse for problems such as toileting, sleep, sensory processing
- Cheltenham First Stop for housing, debt and food bank
- Early Help Team if a family feels stuck with a difficulty and they have tried to make changes but need more specific help
- Parenting courses
- Young Minds Matter
- Family Information Service
- Young carers

Parent & Child Feedback

"I like you, you are kind to me and I know you are proud of me." (Y2 pupil)

"Thank you for all your help over the last couple of years, I have enjoyed your classes. I will take everything you have taught me and use it at secondary school" (Y6 pupil)

"Thank you so much for getting me through a very tough time." (Parent)

"Thank you once again for all your kindness and generosity this year. Our daughter is doing so well." (Parent)

"Thank you very much for doing the bereavement work with the children. I believe it has helped them face this difficult time in our lives. They have spoken very positively about working with you." (Parent)

"I want to express my sincere appreciation for all the work you have done with my children and to thank you again for making a huge difference in our lives." (Parent)

"Help from other organisations has been put in place for my family which has helped a great deal. I'm not sure I would be as confident with my parenting had it not been for the encouragement from the Pastoral Team." (Parent)

"Fantastic support. They really listen and care. They know exactly the sort of help I want to get for my child. I am so grateful and happy that we have the Pastoral department." (Parent)

"The first step in asking for help is always the hardest thing to do and the worry that no one can help. From the beginning I felt accepted, embraced and totally supported in every aspect. I think the Pastoral Team has made our lives better." (Parent)

"It's fun and comforting. I had a good time." (Y3 pupil)

"Awesome. I'm sad because it's the last one." (Y5 pupil)

Visit our ***Help for Families*** section on our Website for lost more information and resources.



Pastoral Team
Mrs. Oliver & Miss Heal