



Early help support

Telephone: 01952386100

Email: Enquiries@holytrinity.academy

Points of Contact:

Headteacher: Mr Neal

E Mail: Enquiries@holytrinity.academy

SENCO: Mrs Colton- **E Mail:** SENCO@holytrinity.academy

School counsellor: Mike Flinn

Head Of Year

Year 7– Mrs Proudler

Year 8– Mrs Richards

Year 9– Mrs Sedgley

Year 10– Mrs Kennedy

Year 11– Mr Clarke

Family Connect – 01952 385385 familyconnect@telford.gov.uk

Childline – 0800 1111

What is Early Help support?

Early Help is what our school can offer to help you and your family. There are many reasons why a family may benefit from Early Help support -we are not here to judge you or tell you what to do.

Early Help means taking action to support a child or their family as soon as a problem emerges. It can be required at any stage in life, from pre-birth to adulthood.

We want to give our families and students opportunities to be supported in school and to signpost outside agencies who could support.

We will try to help you with any problems that you may be having. This doesn't mean that we can solve all of the challenges that you face, but we will listen to you, support you and signpost you to access services who can help you and your family.

You may want help because you are:

- Concerned about your child's behaviour
- Concerned about your child's mental health or anxiety
- Caring for a child with additional needs
- Worried about your housing situation or finances
- Experiencing some other form of difficulty



How can I access support?

Feel free to contact us directly to discuss what we can offer you.

You could:

- Call into or telephone the school office
- Leave a voicemail on the pastoral voicemail for your child's house

We can also offer bilingual support for some languages



Internal support for students and families



Pastoral staff members at HTA:

Miss Potts– Pastoral Manager and Pastoral Lead for **Liddell**

Miss Scott- Pastoral Lead for **Fry**

Mrs Padfield– Pastoral Lead for **Johnson**

Mrs Thomas– Pastoral Lead for **Assisi**

Mrs Handy– Mental Health Lead

Miss Nelson– Education Welfare Officer

What is pastoral care?

Pastoral care is the provision in school to ensure the emotional welfare of students. It is the foundation upon which learning can take place. Pastoral care not only fosters pupils academic progress it also personal development.

Why is Pastoral Support important?

All parents want their children to be safe and happy at school. The importance of pastoral care goes beyond this. Education and health and well-being are closely linked and recent studies have shown that pupils with better health and wellbeing re likely to achieve better academically. Pastoral care is fundamental to the development of character and social skills which will be critical to students in later life.



Mental Health Lead

Mrs Handy



In school we have Mrs Handy who is the Mental Health Lead. Mrs Handy runs lunch clubs, afterschool clubs, group intervention and 1:1 intervention sessions.

Pastoral will be there to support students with their mental health and wellbeing and then they will be referred to Mrs Handy for further 1:1 support.

School Counsellor

Mike Flinn

Mike comes into school every Wednesday morning to see students on a 1:1 basis who need support with their mental health and wellbeing.

Mike is a fully qualified counsellor and supports students with many different concerns and difficulties.

Pastoral will refer to Mike for students to be seen when appropriate.

Manu

'Our school dog and friendly support'



Manu spends his day in the pastoral office and offers his support to students who are feeling worried and he is a friendly face at breaks and lunches for those students who need a little reassurance. Manu is very friendly and loves his job here!

Strengthening Families

Strengthening families support families with a range of worries and concerns within the home or with their children.

Strengthening families can be accessed via Family Connect if parents/carers would like to access them themselves or through school.

In school you can request an Early help assessment is complete.

The pastoral team will sit with you and go through what concerns you have, complete assessment and send it off to strengthening families to assessed.

If they feel your family could benefit from a worker to support in the home, they will allocate a strengthening families practitioner.



Student Wellbeing Ambassadors

In school we now have 23 student wellbeing ambassadors who are trained to support other students with their mental health and wellbeing. These students are awarded a certificate and wear a badge on their blazers so they are easily spotted by other students.



Our Wellbeing Ambassadors will work hard in promoting wellbeing and supporting mental health with students across school. They will also help instigate a whole school challenge to raise awareness of 'Wellbeing' with the support of Mrs Handy.

Ambassador Skills



- Listening
- Non judgemental
- Motivated
- Empowering
- Supportive
- Responsible
- Reliable
- Good communication



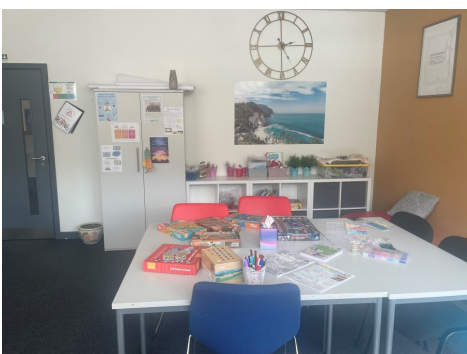
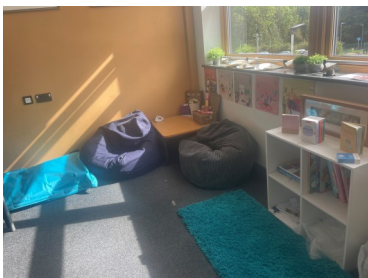
Calming lunch club

Each week Mrs Handy runs a lunch club in room 244 (colder months) outside (warmer months) where board games are available, calming crafts and a quiet space for students to draw or read.

At the moment across all of the lunch times it is supporting around 70 students.

Rota: Green (lunch club on for that year group)

	Year 9 and 10- 12:15-12:55	Year 7- 12:55-1:35	Year 8 and 11- 1:15-1:55
Monday	Green	Red	Green
Tuesday	Red	Green	Red
Wednesday	Green	Red	Red
Thursday	Red	Green	Green
Friday	Green	Green	Green



Online mental health and wellbeing parenting support sessions

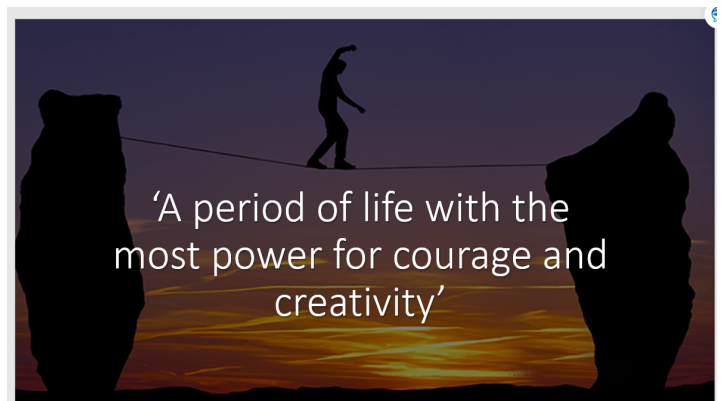
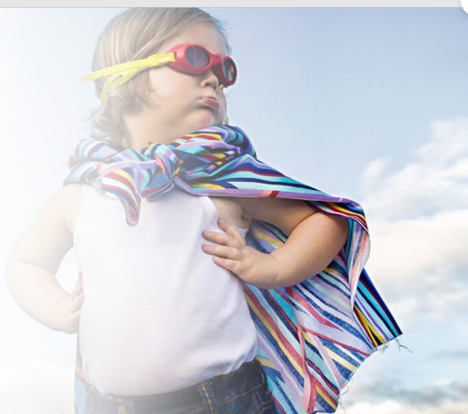
Each half term Mrs Handy runs online mental health and wellbeing parenting support sessions. Some of the topics include:

- Building resilience in young people
- Parenting the anxious adolescent—2 parts
- Understanding the adolescent brain
- Understanding young peoples self-harm
- How to support young people building safer online connections

The sessions are put together based on the need that is seen in school and what parents have shared to make it appropriate and relevant to parents at Holy trinity Academy

What is resilience and why does it matter?

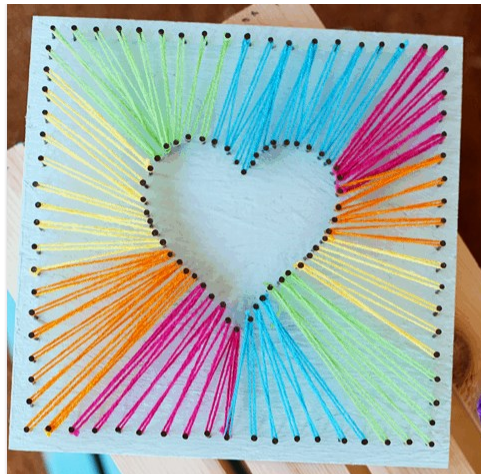
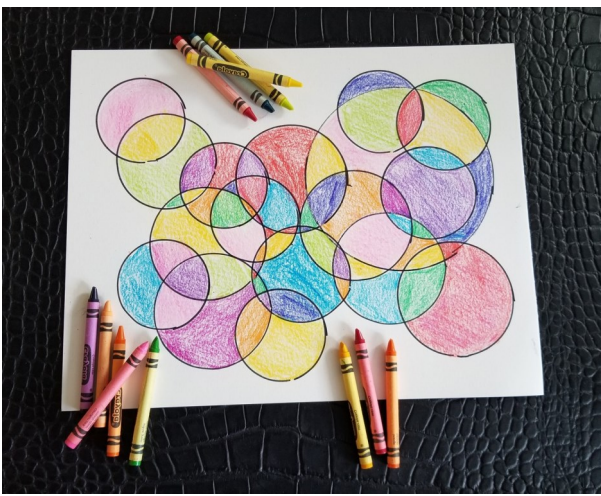
- 'To have wellbeing, you must have resilience' (Rick Hanson)
- Resilience is the ability to bounce back and continue to move forward in the face of challenging situations
- Resilience is not never being frightened or scared, it is being able to feel these very normal emotions and remain upright.
- The good news is resilience is something that can be nurtured and grown over time.



Afterschool clubs with Mrs Handy

Mrs Handy is running a craft club and a calming club each week 14:55-15:45. Students won't need to have any art experience or expertise, this will be a free choice as to what the students would like to do using arts, crafts and games as a mindful therapy method to help calm the mind and support emotional regulation.

There will be lots of options on offer and will be very much student led.



GARDENING CLUB



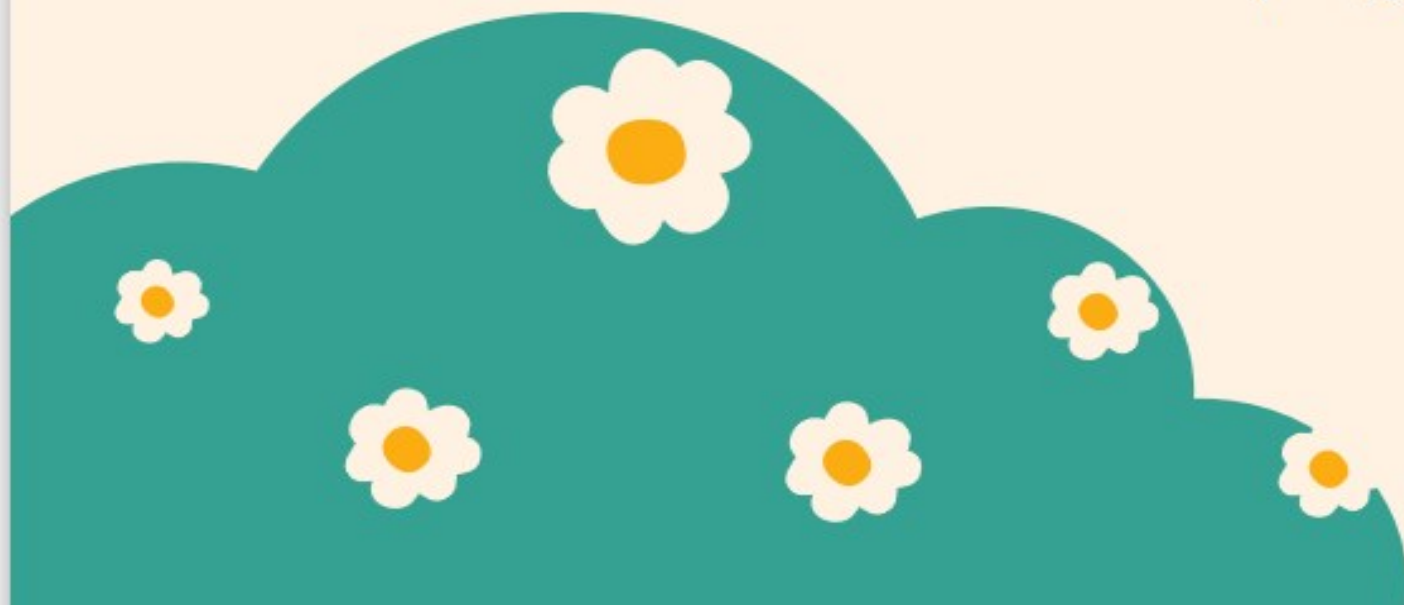
THURSDAYS
AFTER SCHOOL
With Mrs Handy



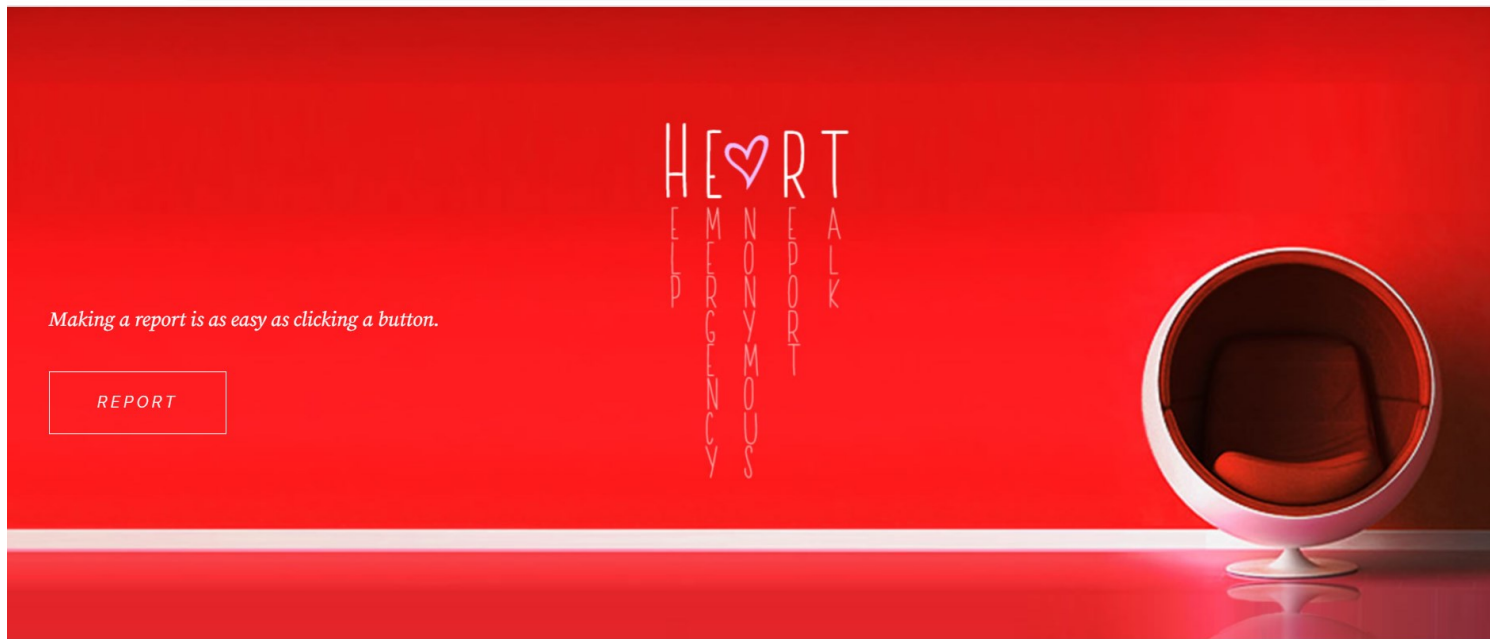
Come along and help plant vegetables, tend to the plants and create a calming area in the yard!



This club will only run until October half term due to the weather. This will then restart in the spring.



HEART system at Holy Trinity Academy



The HEART System (Help Emergency Anonymous Report Talk) which allows young people to report any incidents which occur within the school and local community anonymously and without fear. Aside from the reporting tool HEART delivers educational content to raise awareness on a wide range of subjects including: Bullying, Health, Community Issues, Weapons and Hate Crime.

HEART is a web based tool which is personalised and created by Holy Trinity Academy and managed by SLT/Pastoral, This is a unique tool made just for you to provide comfort and to put your mind at ease, Everyone deserves to talk.

The HEART System promotes inclusion, safeguarding, e-safety and provides additional opportunities for students to report their concerns.

External support for students and their families



FamilyConnect

Families, carers and professionals can access comprehensive local information via this website relating to the needs of children aged 0 - 19 years old or to 24 years old for those with a disability..

At Family Connect we know that some families may need some extra help and support for a variety of reasons such as following:

- Concerns about a child's welfare
- Support for a child with a disability
- Live Well Telford - Telford's all age online community directory

Telephone: 01952 385385
Mon-Fri 9am-5pm

Text:: 07537 453177

Email: familyconnect@telford.gov.uk



Strengthening Families

The most useful children and family support is that which helps families to stabilise and improve their own situation through primary prevention approaches at the earliest time. Strengthening Families provide local services for families with children aged 0-19 through children and family centres, in a planned approach to ensure resources are targeted where they are most effective.

Children's centres are an important statutory service focusing on targeted younger children (0-5) and their families as part of Telford & Wrekin's Strengthening Families.

The core purpose of children's centres is to improve outcomes for young children and their families and reduce inequalities between families in greatest need and their peers in:

- child development and school readiness
- parenting aspirations and parenting skills and
- child and family health and life chances. Children's Centres Statutory Guidance (2013:7) Children Centres target particular groups to attend, (e.g. additional needs, speech and language delay, challenging behaviour)
- parents (e.g. Emotional wellbeing, healthy lifestyles, parenting in general)
- families (e.g. worklessness, social isolation, Citizens Advice)
- groups (e.g. teen parents, lone parents, BME groups, dads).

There are a raft of activities and support networks that are linked to children centres such as Citizens Advice support, employment support, targeted activities for parents and children, volunteering, healthy lifestyle programmes, parenting groups.

Strengthening Families also offer family support (0-19) at the family home on a one to one basis for targeted vulnerable families. Our Early Intervention Practitioners offer early help parenting strategies and whole family support by bringing together the right services around the family.

Strengthening Families are separated into 3 areas:

- Hadley Castle
- Lakeside South
- The Wrekin



Beam Drop-in Sessions

Autumn/Winter 2022

BEAM is an emotional health and well-being drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin.

Mondays, 12-4pm (last session 3.15pm)
The Lantern, Shrewsbury, SY1 4NG

Tuesdays, 10-6pm (last session 5.15pm)
Beam, 9 Market Square, Wellington, TF1 1BP

Thursdays, 10am-6pm (last session 5.15pm)
Beam, 9 Market Square,
Wellington, TF1 1BP

NEW
Starting
22 October

Saturdays, 10am- 2pm
(Last session 1.15pm)
Beam, 9 Market Square,
Wellington, TF1 1BP

Email: shropshirebeam@childrenssociety.org.uk

Instagram: @shropshirebeam

Beam

Shropshire
Telford and Wrekin



Free, safe and anonymous mental health support.



SCAN ME!



Chat to
our team



Helpful
articles



Community
Support



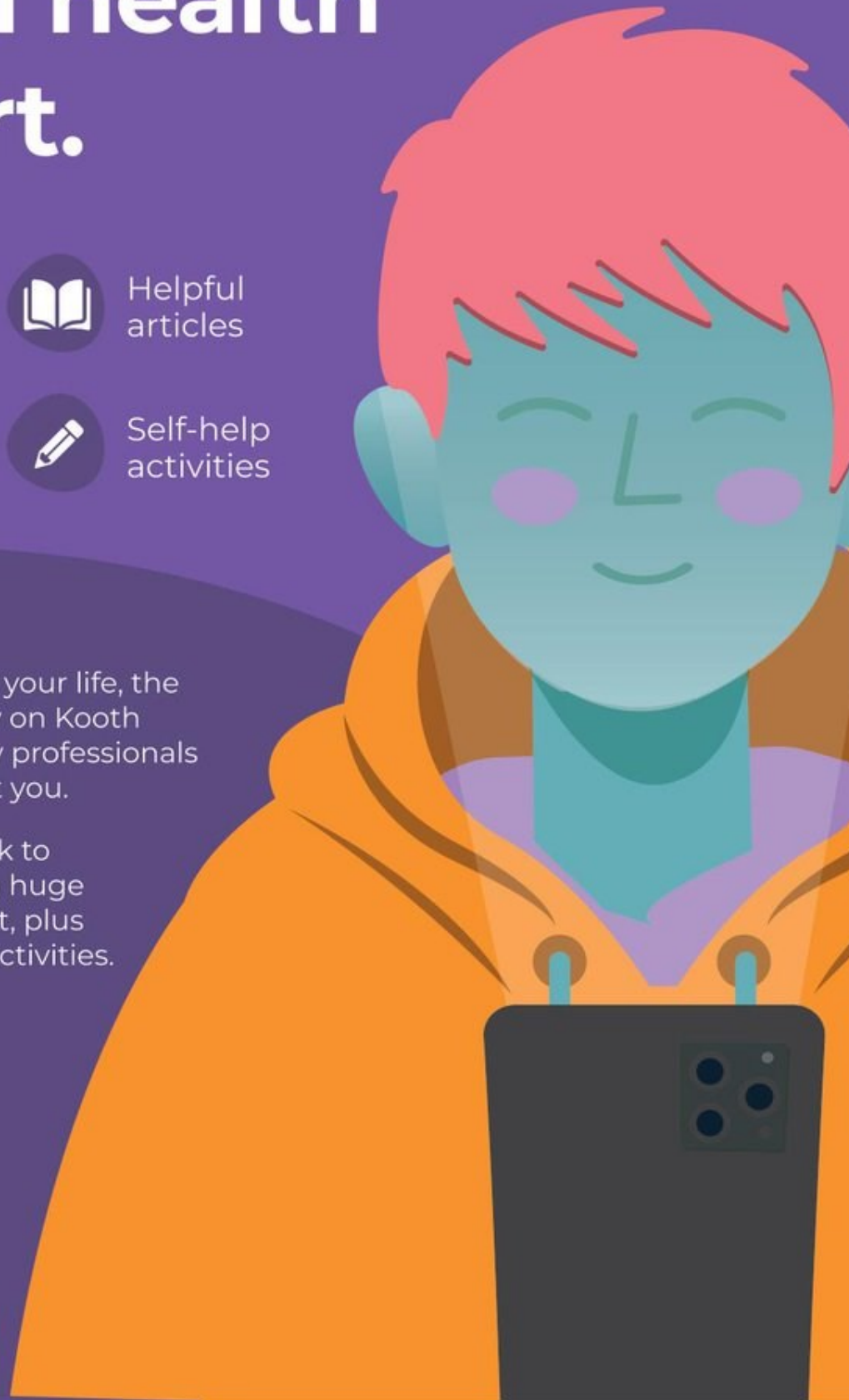
Self-help
activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at
kooth.com

kooth





Here **4** Parents

Helping you support your child's Emotional Health and Wellbeing

Emotional Health and Wellbeing School Nurse here to provide
confidential advice and support for parents with children
aged 5-19

Every Monday 9am-2pm from the 3rd of October 2022,

At

Sutton Hill Medical Practice

(Child health clinic room at the rear)

Maythorne Close,

Telford TF7 4DH

Please call 0333 358 3328

To book your face-to-face or

Online appointment



Helpful apps and websites



Help to overcome anxiety



App to help calm the mind– mindfulness based



Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself, because the urge feels most powerful when you start wanting to self-harm.



<https://www.youngminds.org.uk/>

Offering support to both young people and parents



We're supporting

<https://www.mind.org.uk/>

Support for mental health and wellbeing