



HERE TO HELP

An information leaflet for Parents and Carers.

Here to Help



We know that at times school can be a little overwhelming and often children raise worries at home with parents and carers. If you have any concerns, questions or worries please speak with the class teacher initially, or a member of the class team in their absence.

Class teachers, class teaching assistants (TA's) and learning support assistants (LSA's) are working with your child daily and they know the children well. It is much better if worries or issues are dealt with by the class team initially as they can often be resolved quickly.

To contact your child's class teacher please email the school office on:

info@st-maryscofe.essex.sch.uk.

Please mark the email for the attention of your child's class teacher and give a brief explanation. The class teacher will respond either in person, via phone or email.

We are fortunate to have an excellent Inclusion and Pastoral Care Team at St Mary's (VA) Primary School, offering a wide range of support in school, some of these services include:

- KS1 and KS2 learning support mentors who work across the school providing whole class support, small group work and 1:1 work.
- Regular gym trail sessions to support with movement and coordination.
- A Chaplain from Stort Valley Schools Team (SVST), who visits on a weekly basis.
- Special Educational Needs and Disabilities Coordinator (SENDCO) available 3 days a week.
- A special educational needs, learning support assistant (SEN, LSA) with a focus on speech and language.
- Therapeutic interventions including playwork, sand-play and drawing and talking, this is offered 1:1 or in small groups with a trained practitioners.
- A Welfare and Support Officer who promotes wellbeing throughout the school and offers pastoral support to children and families.
- An Educational Mental Health Practitioner from MIND, who works with school parents.
- 20.20.20. A lunchtime club for children to have a structured play time in a smaller group setting.
- The Zones of Regulation is the universal support we use in school. We also have worry boxes in each classroom and by the Inclusion office.

Please note that for some of the interventions mentioned we require parental agreement but for others the interventions are incorporated into our curriculum offer. We may also include children in interventions as role models for other pupils.

If you think your child would benefit from any of the interventions mentioned or if you would like to know more, please speak with your child's teacher.

If an intervention, additional support or a referral is required then the class teacher will speak to the relevant staff member(s) and together they will agree a plan of action. Please note there may be waiting lists for additional support.



The School Nurse from ECFWS works closely with St Mary's (VA) School and visits regularly. The school nurse can support with medical and health concerns and liaise with the Child Development Centre (CDC). A community school nurse drop-in service is held bi-monthly on the first Tuesday of the month at Saffron Walden Community Hospital. To find out more please call the West Essex Team on: 0300 247 0122. Further details can be found at: www.essexfamilywellbeing.co.uk/services/school-age

EXTERNAL SUPPORT: We have access to many external services and do refer families for support when required. Parents and carers can seek support directly with organisations. Sometimes these organisations request to work with your child on a 1:1 basis in school. We are fully supportive of this intervention and the support that can be provided by these organisations, but often we are unaware of the referral you have made directly until the organisation contacts us. We try our best to assist with external agency requests for a private 1:1 room, but it may be difficult for us to accommodate them with the limited space we have and at times we have not been able to help.

We do ask that if you are seeking regular 1:1 support, which you would like to be delivered in school by an external agency, that you check we have space to accommodate this before proceeding and that the appropriate legal requirements are in place for safeguarding your child and the school during these sessions.

OFF-SITE APPOINTMENTS. For privately arranged interventions that are off site, we kindly ask that they are arranged outside of school hours if possible, so your child can maximise their learning time. Permission from the Headteacher is required for regular off-site interventions during the school day.

INFORMATION AND ADVICE.

[Uttlesford Frontline](#) -



A community project that helps the public to quickly find details on local health and wellbeing services and easily access these services. For more information call: 01799 618 855

email info@frontlineuk.org.uk

www.uttlesford.essexfrontline.org.uk

Citizens Advice



An independent service that provides free, confidential and impartial advice.
Uttlesford number: 01799 618840
www.citizensadvice.org.uk

Community 360



A service that provides support to families which include school-aged children and young people aged 8-19 years (25 SEND) www.community360.org.uk

NSPCC helpline - 0808 800 5000.

NSPCC

Trained professionals providing expert advice and support if you're concerned about a child or if you're a parent or carer looking for advice. www.nspcc.org.uk



Our motto: 'Let your light shine... as you grow', (inspired by Matthew 5: 15-16)

Our vision is: 'We nurture our pupils to be the best they can be in every way - in an inclusive and supportive environment, rooted in Christian teachings.'