**Pastoral Programmes and Initiatives in School**

 The place2talk element of place2be can be accessed by all pupils by them making an appointment. Pupils can see Kat Tuesday through to Thursday either at playtime or lunch time. Staff also can receive supervision from Kat if the feel the need – this can be related to school or personal. 18 pupils receive therapy / counselling.

 LEGO® Therapy was developed by Daniel Le Goff in the United States and researched by Gina Owens and colleagues at the Autism Research Centre, University of Cambridge.

The goals of LEGO® Therapy for children with autistic spectrum conditions are to:

* Improve their motivation to initiate social contact with peers
* Improve their ability to sustain interaction with peers for a period of time
* Develop flexibility of thought and problem solving skills

 Socially Speaking will help you to introduce and practise skills your pupils need to develop and maintain relationships and to lead independent lives outside the school context. It is a unique social skills programme that lasts a whole school year and is divided into three units: let’s communicate, let’s be friends, and let’s practise. As pupils progress through the carefully structured programme, their self-esteem will increase and their listening skills and expressive language abilities will improve, and in turn everyone will benefit from enhanced social interaction.

### SFG Logo Final Psychology & education working together: psychoeducation

**Psychoeducation**is not a type of therapy, but rather a specific form of education which helps people learn more about specific events and circumstances that may have occurred in their lives, and the potential range of ways that people respond to them. *Seasons for Growth*programs help people understand the experiences of change, loss and grief and how these can impact on a person's life. The programs also support the development of communication, decision making and problem solving skills.

Next step is a set of cards which represent different moods, thought, actions or goal. In one to one scenario next step takes children on a journey, encouraging them to discuss feelings and empowering them to discuss thought and feelings empowering them to set their own goals.

**Pressure Point**

The Pressure Point Support Project works primarily but not exclusively with primary schools in the following wards; Bidston, Birkenhead, Tranmere/Rock Ferry, Seacombe/Liscard and Leasowe. The Project works with families in the home, school or community setting. It offers families a range of parenting and family support strategies as well as help to access other services. The Project employs four qualified Social Workers and four Support Workers. The programmes of support offered to families are sometimes brief, lasting no more than twelve weeks. In other cases they are much longer in duration depending on the level of complexity identified by the Social Worker with the family. The Project offers a range of social work interventions to support children and families which include task centred, solution focused and behavioural models.

 Take Ten is a stress control training app that’s designed to give you a head start. By training your body and mind to work together to become more resilient to stress. Children with ASC or ADHD experience anxiety on a daily basis heightening stress responses and affecting their ability to learn & perform. Take Ten helps pupils manage stress by controlling their breathing.