

Student Pastoral Support at Thornden School

General points:

Thornden school aims to be a safe and affirming place for children. We want them to develop a sense of belonging and feel able to trust and, when needed, talk openly about problems. To that end, we aim to ensure that there is good communication between staff to ensure a coordinated approach to supporting our students.

We recognise that mental health problems affect many people, and we will, therefore, have students at Thornden who need support in this area.

Our approach is as follows:

- **Tier 1** support is provided to students by the tutor and/or the Head of Year (HoY).
- **Tier 2** support is provided to some students, e.g. mentoring, the Hub, the library, Young Carers group, Pride group, Wellbeing Den and breakfast club (bereavement club).
- **Tier 3** support is provided to students by the Pastoral Support Team who can complete wellbeing check-ins. Our qualified Elsa can also provide Elsa support sessions. We also have trainee counsellors on-site who can work 1:1 with our young people.

Most support is confidential unless a disclosure is made, in which case the Designated Safeguarding Lead will be contacted.

If a student is being seen by an external agency, we do not recommend that they are also seen by one of our counsellors. However, it would be useful to be made aware of this support, so we can complement this within school.

External Request:

If parents/carers have a concern about a student's mental health and wellbeing, our initial advice is to take them to their GP, whilst making their HoY, tutor or school nurse aware. In addition, we would ask parents/carers to advise us about current and previous support that students are accessing/ have accessed and when. We believe it is vital that, following the conclusion of any support, students have an opportunity to establish new patterns of behaviour and thinking before subsequent additional support is offered. Constantly trying to access new strategies can be counterproductive for the young person.

Following communication with the family, if necessary, the HoY will complete a referral to our internal Thornden Hub to seek further support and/or signpost to an appropriate external agency.

Self-referral & Peer-referrals:

If students have a mental health or wellbeing concern about themselves or a friend they should speak to their tutor, HoY or pastoral support team.

They can also email: pastoralsupport@thornden.hants.sch.uk. Or use the 'Report a Concern' Link found on satchel, the Student Bulletin or on the Thornden Homepage.

If you have any general comments regarding the Pastoral Support offered at Thornden School, please email s.kingsley-smith@thornden.hants.sch.uk

Thornden Hub

An internal referral system designed to support students identified by our Heads of Year and the wider pastoral team as potentially benefiting from additional help. The Hub brings together some of the school's key specialists, including the Pastoral Support Manager, ELSA, Medical team, SENCO, Complex Behaviour Lead, and Administrative Manager.

This team reviews and triages referrals to ensure each student receives the most appropriate support. They also carry out follow-up reviews to monitor progress and adjust interventions as needed.