

## Play Therapy

Play Therapy is a type of therapy where play and art materials are used as the main way for children to express themselves. It can help children to express themselves, especially if they are struggling to understand how they are feeling, or are finding it hard to put their experiences into words.

Jeremy, our Play Therapist, visits us once a week and works with identified children. If you think your child would benefit from Play Therapy, please contact Mrs Harding or Mrs Merrick via the school office.

## Lego Therapy

All of our support staff are trained in delivering Lego Therapy.

Lego Therapy promotes social interaction, turn-taking, sharing and collaborative problem-solving



## Counselling

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

We have our own counsellor, Mr Trestain who works with identified children over two days each week. We also access counselling services through the Matthew Hackney Foundation.

If you think your children would benefit from counselling, please contact Mrs Harding or Mrs Merrick via the school office.

## Nurture Club

Nurture Club happens every lunchtime with Mrs Cutts. The activities are tailored to the children and focus on building self-esteem and happy friendships.

## Cool Carers

Cool Carers is our Young Carer club. It happens every Thursday lunchtime and is led by Mrs Merrick, our Home School Link Worker.

## Wellbeing and Pastoral Support



**St Mary's Church of England Primary School**

## Meeka the Dog



Meeka is our wellbeing dog. She loves being read to and listening to stories.

She spends her days in Mrs Chambers' office and is always around to cheer the children of St Mary's up!

## Home School Link Worker

Our Home School Link Worker supports children, parents and families with a wide range of issues. This includes but is not limited to:

- 1:1 and small group work with children tailored to their needs.
- Support with issues such as toileting, bedtime and routines.
- Support with school attendance.
- Liaison with charities and other services such as CAMHS.

For more information: <https://www.stmarys-byfleet.surrey.sch.uk/page/?title=Home+School+Link+Worker&pid=104>

## ELSA

We recognise that children learn better and are happier in school if their emotional needs are being met. Our ELSA's (Emotional Literacy Support Assistant) role is to support children and young people in school to understand and regulate their own emotions whilst also respecting the feelings of those around them.

Our ELSA can help children with:

- Managing feelings
- Managing friendships
- Bereavement
- Anxiety
- And much more!