

Play Therapy

'You can discover more about a person in an hour of play than in a year of conversation' Plato

A play therapist comes to school once a week to work with our children from Reception to Year 6, in 1:1 sessions. In these sessions, children will play and talk through their muddles' and 'worries' in a safe place.



Other Services

There are plenty of services available to help support children. The following services do not work in our school, however, a referral can be made to get support from them:

- * Harbour
- * Forget me nots bereavement services
- * CAMHs



**Additional
Support for
our Children**





A little extra support is sometimes all we need...

Park End Primary school is committed to providing the best educational experience for every child. Sometimes, other factors can mean that our children need a little extra support to make sure they achieve.

Park End offers a range of services to support our children. Take a look inside; if you think your child may benefit from one of the support packages, speak to Miss Rennison, the Special Educational Needs Co-ordinator, or Mrs Walker, the Parental Support Advisor.

Alliance Psychological Services



“At times children, young people and their families may need some extra support to help them understand their feelings, emotions and/or behaviours. Therefore, intervening early on in life, can help improve the lives of children, young people and their families. We may be able to help you and your family.”

Alliance are counsellors who work in our school twice a week with children from Reception up to Year 6. Alliance offer a variety of support for the children in our school:

- * Weekly 1:1 sessions with a counsellor
- * Weekly lunchtime drop in sessions with a counsellor
- * Weekly small group counselling
- * Staff training
- * Support and guidance for parents

If your child has anxiety, has suffered a loss in the family, has low mood, low confidence, struggles with their behaviour or they are acting out of character, Alliance can support them.

REACH

REACH is part of the charity Mind for Middlesbrough and Stockton. REACH work in our school once a week. They offer 1:1 sessions with a counsellor for children from Reception to Year 6.

REACH work with children who may display:

- * Low self-esteem
- * Low levels of anxiety
- * Struggling to form and maintain relationships with their peers / teachers (which may indicate possible attachment difficulties)
- * Withdrawal from their environment (i.e. not participating in classroom based activities or in the playground)
- * Behavioural difficulties
- * Difficulty in managing their emotions or impulsive behaviours (i.e. anger outbursts, physical aggression)
- * Difficulties with mood
- * Sudden changes in behaviour

