



HIGHGATE PRIMARY SCHOOL

Therapeutic Services at Highgate Primary School

At Highgate Primary School we have created a dynamic developmental approach to working with vulnerable and challenging children whose behaviour interrupts their own and other's learning. The Highgate Primary Model uses a truly integrative approach which utilises different elements from therapeutic models, combined with an understanding of child development and neuroscience. We believe that for children to thrive emotionally a holistic approach is required, relying not just on the individual act of therapy but with an open and congruent working alliance between parents, staff and relevant professionals.

Key aims:

- Enabling all children, particularly those who are vulnerable or troubled, to fulfil their potential
- Improving academic achievement by intervening when emotional, social and mental health issues get in the way of learning

Services

Our range of services includes:

Work with children:

One to one counselling, psychotherapy, art therapy and play therapy

This includes targeted one to one sessions ranging from short intervention to longer term work as needed. Whilst sessions with the child remain confidential, therapists aim to work systemically, working with teachers and parents where appropriate to ensure the best outcomes for the child. This may be through regular meetings and reports.

Nurture groups

Working closely on peer relations and self esteem

Targeted group work

Carefully selected children working in a facilitated group on a set subject e.g. bereavement, self-esteem, transition, E-safety, gender roles

Full time pastoral support

Our full time Pastoral Support Officer plans and oversees our therapeutic provision, responding to needs as they arrive. This includes having a comprehensive knowledge of children and their families, liaising with school staff and outside agencies, developing relationships with parents and responding to critical incidents promptly and appropriately. The Pastoral Support Officer also represents all the team members in their absence.

Our Pastoral Support Officer is also the designated member of staff for child protection and is trained as a child protection trainer with the LSCB

Lunch time drop in

Providing a nurturing space for vulnerable children to visit and check in with therapeutic staff

Sports Mentoring

Providing guidance on issues such as self-esteem or good sportsmanship through 1:1 mentoring with our school sports coach.

Work with Parents

One to one guidance from a member of our therapeutic team.

This may involve short or long term work

Strong alliance with any parent whose child is receiving one to one intervention

Regular meetings with parents and professionals involved with a family

Small group work on targeted issues

Recent examples of this include health and welfare issues, e-safety and transition work. Also mediated work with parents whose children have peer relation difficulties

Mother and baby therapeutic workshop

Short term therapeutic group with mothers and their babies to build supportive peer networks encourage reflective parenting using a psychological approach

Supervised Contact

Contact sessions for parents who have limited access to their children. Facilitated and documented by one of our team of therapists

Adult Counselling

Weekly 1:1 counselling or psychotherapy

Work with teaching staff

Regular meetings with the class teacher of children receiving one to one or group intervention

Working in a systemic way to best provide the integrated support needed

Whole school training

Comprehensive safeguarding training

Small group workshops on specific issues

These have recently included CSE, FGM and the emotional impact of early loss to a child

One to one counselling

Short or long term if required

Work with Outside Services

- CYPS
- Court team and relevant solicitors /barristers
- CAFCASS
- Housing services
- Drug and Alcohol services
- CAMHS
- School Nursing Team
- Psychiatric services
- LSCB and Safer London
- Metropolitan Police
- Hearthstone and Solace Domestic Violence Services

- Stonewall
- NSPCC and Childline
- Consultancy on therapeutic systems within schools

Safeguarding and Child Protection

- Whole school and small groups training by a qualified LSCB Child Protection Trainer
- Parental workshops
- Consultancy work with external agencies