

## Mentoring and Emotional Support Services for schools

**September 2021 – August 2022**

St Albans Schools' Partnership offers a number of packages to support children, young people, adults and school staff through intensive programmes. Each support scheme will start with a referral from school, a conversation to discuss the intervention required and desired outcomes. Schools will be provided with an evaluation at the end of the intervention to discuss whether outcomes have been met and establish future service requirements. These Intervention Support Programmes can be tailor-made to suit each school.

**This Traded Service is charged at £40 per session or £1365 for one hour each week for one year (10% discount). Please find details below of the type of work covered by this service:**

ISSUES ADDRESSED WITH INDIVIDUAL STUDENTS AND SMALL GROUPS	WAYS OF WORKING (All interventions are time limited)
<p><b>Supporting Emotional Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Ambition</li> <li>• Anger management</li> <li>• Anxiety issues</li> <li>• Behaviour at home and at school</li> <li>• Bullying</li> <li>• Confidence building</li> <li>• Coping skills</li> <li>• Dealing with family conflict</li> <li>• Feelings</li> <li>• Friendship difficulties</li> <li>• Goal setting</li> <li>• Listening skills</li> <li>• Looking back and looking forward</li> <li>• Managing Stress</li> <li>• Personal Plans</li> <li>• Promoting emotional literacy</li> <li>• Recognising emotions</li> <li>• Reflection</li> <li>• Resilience</li> <li>• Self esteem</li> <li>• Staying Safe</li> <li>• Target setting</li> <li>• Trust</li> <li>• Young Carers</li> </ul>	<ul style="list-style-type: none"> <li>• Intervention in school with child in safe environment provided by school</li> <li>• Sessions are held on a regular basis and for an agreed length of time</li> <li>• Agreed time limited intervention</li> </ul> <p><b>Interventions to include:</b></p> <ul style="list-style-type: none"> <li>• Ice breaker games</li> <li>• Protective Behaviours</li> <li>• NLP based sessions</li> <li>• Role play and Games</li> <li>• Books, games and exercise sheets</li> </ul>