



Group interventions

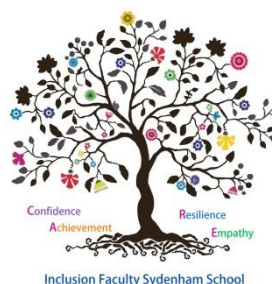
At Sydenham School we consider it important that our students are not only able to fully access their education but that their pastoral needs are also met. Consequently, we have created a range of programmes to provide additional support to some of our students. These programmes are delivered by a member of the inclusion team to small groups of no more than six students.

Emotional Literacy Group Intervention

This intervention has been designed to support students who are not managing their emotions, consequently impacting on their relationships with students and staff. The programme focuses on ways to express and deal with emotions appropriately.

The topics covered on the six-week programme include:

- You and I messages
- Assertiveness means
- It's the way that you say it
- Expressing yourself
- Staying cool
- Anger blockers



Behaviour for Learning Intervention

This intervention has been designed to support students who have been flagged as getting into trouble due to mismanagement of their emotions.

The topics covered on the six-week programme include:

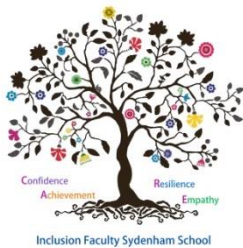
- Talking about feelings, control and how aware we are of our feelings.
- To recognise what triggers a negative incident and what we can do about this.
- To be aware that everyone gets angry and frustrated.
- To own our feelings and develop confidence in expressing them appropriately.
- We will be sharing and writing about our feelings and the changes we are making.

Resilience Intervention

This intervention has been designed to support students who have been regularly presenting to inclusion for a variety of relatively minor issues. Students are taught how to build resilience in order to cope with difficulties faced whilst at school or at home.

The programme is structured and shaped by the Resilience Framework (Adapted from Hart, Blincow and Thomas 2007). This identifies five areas of a young person's life that need to be addressed in order to support the building of resilience.

The topics covered on the six-week programme include:



- Basics
- Belonging
- Learning
- Coping
- Core self

Anxiety Management Group Intervention:

This intervention has been designed to support students who are finding it difficult to manage their stress or anxiety levels within school. It is loosely based on the Cognitive Behavioural Therapy (CBT) approach.

The topics covered on the six-week programme include

- Teaching students what anxiety is.
- Looking at what triggers the student's anxious feelings.
- Examining thought processes, feelings and learning strategies to manage them.
- Developing greater self-awareness and confidence so that students are able to recognise when things are becoming difficult and take positive action.