



## In-school external agency support and training



We invite into school a number of specialist teachers, counsellors and external agencies to support students with a range of pressures that can affect their learning, behaviour and well-being. Some of the regular interventions we use are listed below:

### Football Beyond Borders

Football Beyond Borders is an award-winning charity that supports young people from disadvantaged backgrounds who are passionate about football but disengaged at school.

The year 8 FBB Girls programme starts by looking at the self, working on students' social and emotional competencies through value-based learning schemes of work, developing emotional regulation skills and becoming more aware of their thoughts, feelings and actions. They support girls with their interpersonal relationships, with the aim of improving group dynamics, raising aspirations and encouraging girls to support one another to fulfil their potential. Once girls feel empowered and a positive group dynamic has been established, FBB work with the girls to address questions around identity, youth issues and their place in society.

### 1 in 4

Through this Charity we offer in-school support from a fully qualified, specialist counsellor for students that are considered at high risk of sexual exploitation or that have experienced sexual abuse.

### Art therapy

Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as diagnostic tool but as a medium to address emotional issues which may be confusing and distressing.

### Athena

Athena support young people who may have been exposed to gender-based violence or may be considered vulnerable to exploitation.

### Power the Fight

Power The Fight exists to empower communities to end youth violence. Their key aims are to educate, equip, engage and enable communities to be the answer to the issue of youth violence the UK.

PtF deliver training to our year 9s through workshops and bespoke programmes. They work with families and young people affected by youth violence to offer support, advice and signposting to receive the best and most relevant care.

### Key Stage 4 Rainbow Club

Rainbow club supports Sydenham schools LGBTQ+ students by providing them with a friendly lunch time space where they can socialise with other LGBTQ+ students. Here they engage in various fun craft and discussion-based activities. The club's ambassadors feedback LGBTQ+ student voice to the wider school network.

## **Welfare & Attendance Coordinator**

As part of the role, our full-time Welfare & Attendance Coordinator supports families and students with their school attendance and/or medical issues. She also liaises with other professionals regarding students who are on-roll but being educated off-site.

## **External and internal support and training**

We regularly invite other specialist staff in to address students in targeted groups, as part of their PSHE programme of study or to deliver assemblies to ensure that we are delivering a holistic and broad spectrum of information and support to our students.

All staff are regularly updated with strategies for supporting individual students; all staff are trained in safeguarding and child protection and opportunities are available for staff as a whole or in groups, to attend specialist INSET in order to improve their knowledge and understanding of needs.

Inclusion staff are trained every half term in aspects of student needs and regularly attend external training.

Parents are also supported individually and in groups by the Inclusion Faculty with transition and Special Educational Needs and Disabilities.

## **School Counsellor**

Therapy provides a safe and confidential space for a student to talk to a trained professional about their issues and concerns. Students are supported to explore their thoughts, feelings and behaviours so they can develop a better understanding of themselves and of others.

## **MHST – Mental Health Support Team**

The team will carry out interventions alongside established provision such as counselling and educational psychologists, building on the menu of support already available and not replacing it. The MHST will provide:

- Individual face to face work: for example, effective brief, low intensity interventions for children, young people and families experiencing anxiety, low mood, friendship or behavioural difficulties.
- Group work for students or parents such as Cognitive Behavioural Therapy for young people for conditions such as self-harm, and anxiety.
- Group parenting classes to include issues around conduct disorder and communication difficulties.

## **Inclusion Outreach Teacher**

The outreach teacher/s visit the school one morning a week to work on a one-to-one basis with students that are encountering behavioural difficulties at school.

## **Youth Coach**

Supporting young people to develop life skills and learn how to manage some of the stresses that come along the way. This can include building confidence, setting and achieving goals, managing stress and discussing difficult issues to encourage personal development.

## **Violence Reduction Team**

They work with a targeted groups of students so they have a confidential space to talk about their experiences and any concerns they may have.