

Pastoral Support



Bonnie	The Dog Mentor focuses on Social and Emotional Development, promoting wellbeing for students and staff.
Emotional and Mental Wellbeing in Schools Mark	Cherry Tree School has been awarded the 'Advanced' level of practice for the Emotional and Mental Wellbeing in Schools Mark. The school demonstrates commitment and dedication to a wide range of activities to support mental health, emotional wellbeing, resilience, and ethos which encompasses a comprehensive 'whole school approach'.
Mental Health Support Team	<p>Mental Health Support Teams are an early intervention service, uniquely positioned in schools across the UK to increase mental health provisions to all children and young people.</p> <p>Main aims: To embed good mental health into educational settings and helping mental health to become part of the whole school culture. To work collaboratively with education settings and parent/carers to enable children and young people to succeed by promoting their emotional health and wellbeing and building resilience. To increase staff and parental awareness through workshops, training and consultations.</p>
Forest School	An educational and holistic approach to outdoor learning. Activities take place outdoors which naturally offers an environment that is informal, challenging and stimulating. Sessions are led by Mrs Hill – our qualified Forest School Leader.
Drawing and Talking	A safe and non-intrusive, therapeutic method of working with children who may have underlying emotional difficulties or have suffered a form of trauma which is preventing them from realising their full potential.
Sand Play	Therapeutic intervention that makes use of the sand tray, figures and sometimes water, to create scenes of miniature worlds that reflect a client's inner thoughts, struggles and concerns.
Sensory Circuits	A short, sensory motor skills programme that is designed to improve brain processing efficiency and enables children to reach the level of alertness needed to concentrate during lessons.
Lego Therapy	Working in small groups, children are supported in developing their communication skills through a highly structured programme which is also fun and engaging. Through Lego Therapy, children can learn to communicate with others, express their feelings, change their behaviour and develop problem-solving skills.
Mental Health First Aiders	We have trained Youth Mental Health First Aiders here at Cherry Tree. Staff have the skills to spot the triggers and signs of mental health issues and the confidence to step in, reassure and support a person in distress. They are trained to listen non-judgementally and sign-post to further support.
Mindfulness	Children of all ages can benefit from Mindfulness - the simple practice of bringing a gentle, accepting attitude to the present moment. It can be a useful tool for decreasing anxiety, relieving stress and promoting happiness.
Hertfordshire Therapeutic Thinking Approach	A therapeutic behaviour approach endorsed by HCC. It uses techniques to de-escalate a situation before a crisis occurs and, where a crisis does occur, it adopts strategies to reduce the risk of harm.

Lunch Club	A targeted provision for children who find lunchtimes difficult or a challenge and children with medical needs. It provides a calm space to read, draw or play games
Zones of Regulation	A whole school approach to developing emotional literacy. The Zones of Regulation is used to teach children self-control and how to self-regulate using strategies or tools to help them move between the 4 coloured zones.
Protective Behaviours	A safety awareness and resilience building programme which helps children to recognise any situation where they feel worried or unsafe and explores practical ways to keep safe and identify support networks for times when we need help.
5 Ways to Wellbeing	Evidence suggests there are 5 steps we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life. 1. Connect, 2. Take Notice, 3.Be Active, 4.Give, 5.Keep Learning.
Growth Mindset	Fixed Mindset vs Growth Mindset. We develop a growth mindset by embracing challenges outside what we believe we are capable of and persevering, not giving up and learning from our mistakes.
Daily Mile	Children challenge themselves to run, jog or walk a mile. It is not only exercise, it releases endorphins and builds resilience and self-esteem.
Safe Spaces	Classrooms provide safe spaces – a cosy corner, where a child can take themselves when they need to self-regulate into a calmer state. Children can also use The Hub (our pastoral support room) when they need some support to co-regulate.
House System	All children and staff belong to one of the four houses – Rose, Clover, Daffodil, Bluebell – which provides a sense of belonging and a structured reward system where children can earn house points. The houses provide healthy competitiveness and promote fun and resilience.
National Nurturing Schools Programme	We are embedding the Six Principles of Nurture across the school and amongst all stakeholders to develop a nurturing culture that promotes healthy outcomes for children by focusing on emotional needs and development as well as academic learning.