



The Next **Chapter...**

The Cumnor Holistic Approach to Pastoral Thinking and Emotional Resilience

What is the Cumnor Chapter Programme?

At Cumnor, we believe passionately that what makes us stand out as a school community is the collective will to bring out the very best in each and every child in our care. Pastoral care is right at the heart of a Cumnor education, seeking out a child's individual spark and being attentive in helping it burn brightly as they grow.

As part of this journey, we also acknowledge that there will be bumps along the way and sometimes pupils, teachers and parents need signposting as to how best to navigate these. The initiatives detailed in this leaflet set out a number of additional tools designed to complement the work already undertaken by tutors, form takers, in assemblies and by all teachers across the curriculum.

To that end, we have enhanced various aspects of the Pastoral Care at Cumnor and brought these different strands together under the 'Chapter Programme' heading. Please continue to read for information about the various new developments being introduced this academic year.

CUMNOR HOUSE SUSSEX

London Road, Danehill, Haywards Heath, Sussex, RH17 7HT

01825 790 347

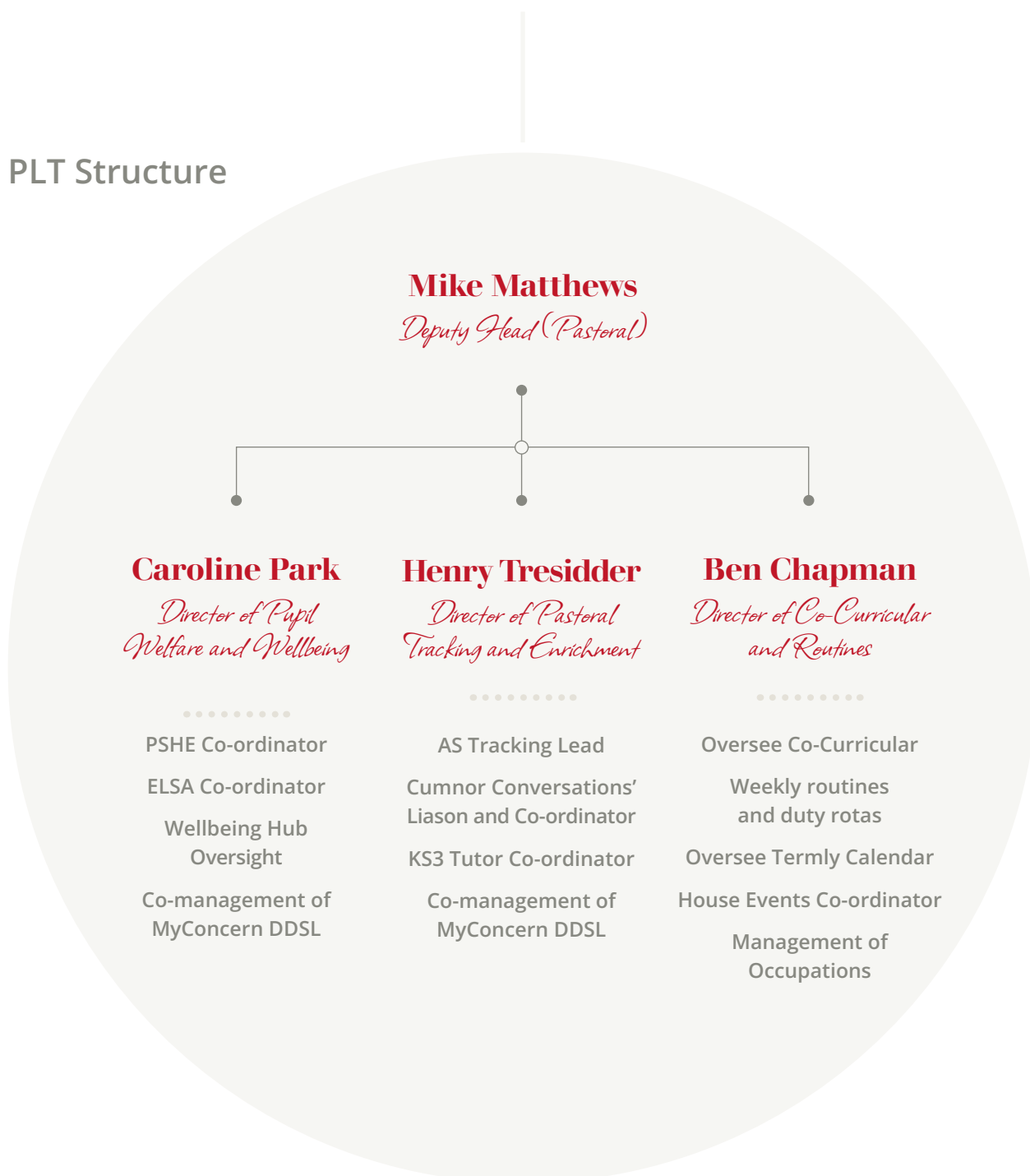
office@cumnor.co.uk | www.cumnor.co.uk

The Pastoral Leadership Team (PLT)

To oversee the introduction and embedding of the Chapter Programme, as well as provide additional leadership support to such a vital area of the school, the school have re-configured the Pastoral side of the SMT.

The diagram below sets out the composition of the Pastoral Leadership Team and their areas of principal responsibility. That said, we will also work as a team to ensure the growing number of Pastoral strands of support running through our school complement each other and meaningfully inform our practice.

PLT Structure



Wellbeing Hub

The Wellbeing Hub provides a proactive approach to mental health & wellbeing by offering support and guidance for every parent, pupil and member of staff via three distinct 'Hubs'. The Wellbeing Hub is live and interactive, with a team of professionals delivering new content weekly, making sure pupils, staff and parents have what they need, when they need it. Every Cumnor parent will be allocated their own logon access to the hub providing access to a wealth of content including:

- Parenting courses
- Weekly podcasts and articles
- Live Q&A sessions with specialists working with young people
- Careers resources for teens
- Access to private monthly webinars on a wide range of topics

More information - <https://www.teentips.co.uk>

Cumnor Conversations

As all existing parents will be aware, we have a number of external visiting speakers throughout the academic year to support pupils, teachers and parents. These will now collectively be referred to as 'Cumnor Conversations' and an Annual Overview calendar will be produced at the start of each academic year, signposting these key events. As they approach, they will also be promoted via the newsletter and, in some instances, the school website and social media. Please be sure to note in your diary to any that are of interest.

ELSA (*Being introduced from January 2023*)

An ELSA (Emotional Literacy Support Assistant) practitioner is a member of staff who is trained to support children in the development of their emotional literacy. Emotional literacy is the term used to describe the ability to understand and express feelings. Being emotionally literate helps children focus better on their learning.

An ELSA practitioner may work on areas such as recognising and managing emotions, building self-esteem, developing social and friendship skills, anger management and loss and bereavement.



If a parent or member of staff feels that a pupil needs support with any of these areas, initially a meeting will take place to discuss the various options. If the teacher deems ELSA appropriate, they will be able to refer them for Emotional Literacy sessions. As there will be a finite capacity, sessions will be allocated on a needs basis in the first instance. There will not be a cost associated with ELSA support.

These can be individual or in small groups and tailored to the child's individual needs. Sessions are usually 30 minutes per week and the course lasts for 6-10 weeks, with a review at the end.

Sessions are fun and might include role-play, puppets, board games, art and craft and stories and they always include time to talk. Parents will be engaged in the process and invited to speak with the ELSA practitioner to discuss targets and progress.

More information

<https://schools.westsussex.gov.uk/Event/88363>

AS Tracking

AS Tracking is being used in a growing number of schools, including many of our popular senior schools, to support proactive, targeted and evidence based pastoral care. We believe it will add another piece of the pastoral jigsaw, helping us to build a more rounded picture of each pupil's social and emotional development. Using AS Tracking data, alongside our existing pastoral processes, will guide us in offering each pupil the right pastoral support at the right time.

Pupils in Years 4-8 will hear an age appropriate introduction to AS Tracking and have opportunity to ask questions. They will then complete a short twenty-minute online assessment twice a year. Please note that AS Tracking does not give pupils a report; pupils' data is used by pastoral leaders to guide them in nuancing their pastoral care for each of their pupils. Their data will build a growing narrative of each pupil's social-emotional journey as they move towards, and embark upon, adolescence.



The data generated through the AS Tracking process is primarily for internal use to help inform Pastoral practice. It will not be published to parents.

That said, should a Form Taker or Tutor feel it helpful in supporting a child's development in any way, the indications from this data may be shared with parents to help build a more coherent picture.

More information

<https://steer.education/steer-tracking/>

Jigsaw PSHE

Alongside our iSpace Wellbeing lessons, we are introducing a new PSHE curriculum from Reception through to Year 8. This provides a detailed and comprehensive scheme of learning aiming to prepare children/young people for life beyond Cumnor.

This new scheme will help children really know and value who they are and understand how they relate to other people in this ever-changing world. Some of the wellbeing elements of iSpace, particularly lower down the school, will remain central to our curriculum and support the topics covered in the Jigsaw Programme. Details of the Schemes of Work and the topics covered during each academic year are available on the Parent Portal.