

Examples of pastoral care at Bengo include:

Lunchtime 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.

Lego Based 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.

Sandplay Based Therapy: A therapeutic intervention that makes use of sand and toy figures to create scenes of miniature worlds that reflect a person's struggles and concerns. Sandplay is well suited for working with children who often cannot express their feelings in words.

Gardening club: An educational and holistic approach to outdoor learning. Activities take place outdoors which naturally offers an environment that is informal, challenging and stimulating.

Safe spaces: Classrooms provide safe spaces where a child can take themselves when they need to self-regulate into a calmer state.

Daily Mile: Children challenge themselves to run, jog or walk a mile. It is not only exercise, but it also releases endorphins and builds resilience and self-esteem.

School Council and Pupil Voice: Children meet to discuss specific issues. During these sessions, pupils have the opportunity to voice their ideas, thoughts, and feelings.

Social Stories and Comic Strip Conversations: Social stories present information in a literal, 'concrete' way, which may improve a child's understanding of a previously difficult or ambiguous situation or activity. By providing information about what might happen in a particular situation, and some guidelines for behaviour, you can increase structure in a child's life and thereby reduce anxiety.

Hertfordshire STEPS approach: A therapeutic behaviour approach endorsed by HCC (Hertfordshire County Council). 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.

Calm start: A small group of can invited children meet every morning to complete a calming activity to settle in readiness for the school day.

Zones of regulation/ 5-point scale: 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.

Safe Spaces: Classrooms provide safe spaces – a cosy reading corner, where a child can take themselves when they need to self-regulate into a calmer state.

Visual Timetable: Every classroom has a visual timetable that enables children to understand the structure and sequence of the school day which can reduce anxiety levels. Pictures are used to represent the lessons and activities.

Therapeutic Cooking: A collaborative way of working where children can have time to discuss emotions and feelings.

Emotional literacy: A small group that involves having self-awareness and recognition of your own and others feeling and how to manage them.

Resilience and Self-esteem: Small group intervention that works on looking at the positive; recognising achievements and how to overcome barriers.

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.

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.

Cognitive Behaviour Therapy Techniques (CBT): A talking therapy that works on coping skills of dealing with different problems. It focuses on the mindset and actions.

Protective Behaviours: Promote safety and wellbeing, building confidence and resilience by exploring our right to feel safe.

Therapeutic Art: A creative method of expression. Arts and creative activities take place on a one-to-one basis or in a group. Sessions allow for a safe time and place to help children explore the thoughts and emotions.