

Pastoral Support

At Talavera Junior School, we know that a child's emotional wellbeing is just as important as their academic progress. Mrs Hatton and Miss Cluness (our pastoral team) have been trained by Hampshire Educational Psychologists, to deliver interventions and provide support with the personal, social, and emotional needs of our pupils. They are here to help children feel safe, listened to and supported — so they are ready to learn and grow, both inside and outside the classroom.

What support can the Pastoral team offer?

Our Pastoral support team works closely with children, families and staff to provide care and guidance in a range of areas, including:

- Emotional wellbeing and resilience
- Friendship and relationship difficulties
- Anxiety, worries, or low mood
- Managing behaviour and building self-esteem
- Coping with change, loss, or family issues
- Providing a listening ear for children who need someone to talk to

Support can be one-to-one, in small groups, or as part of wider school initiatives.

Working with Parents

We believe that strong partnerships with families are vital to a child's success. The Pastoral team are available to work alongside parents to:

- Offer advice and support around parenting challenges
- Signpost to external services and agencies if needed
- Help improve home-school communication
- Support transitions or changes in a child's life
- Celebrate progress and wellbeing milestones

At Talavera Junior School, we believe that happy, confident children learn best. That's why we offer specific support programmes designed to help children manage their emotions, build confidence, and thrive in school: **ELSA, TALA, LEGO THERAPY AND BUBBLE TIME.**

What is ELSA?

ELSA stands for Emotional Literacy Support Assistant. This is a one-to-one or small group intervention run by specially trained staff who support children with:

- Understanding and expressing emotions
- Building self-confidence and self-esteem
- Developing social skills and friendships
- Managing anxiety, grief, or change
- Learning how to cope with big feelings

ELSA sessions are calm, confidential, and personalised to each child's needs.

TALA sessions provide a safe and supportive space for children to be heard without judgement. Through active listening, children are encouraged to talk openly about their thoughts, feelings, and experiences. The TALA approach focuses on:

- Building trust and emotional safety
- Helping children feel truly listened to
- Encouraging emotional awareness and reflection
- Promoting healthy communication
- Supporting children in working through challenges at their own pace

TALA is especially helpful for children who may struggle to express themselves or feel overwhelmed by emotions.

Introducing LEGO Therapy

We also offer LEGO therapy, a fun and structured intervention that helps children develop important communication, teamwork, and social skills.

In LEGO therapy sessions, children work together in small groups to build models using specific roles:

- The Engineer gives instructions
- The Supplier finds and passes the bricks
- The Builder puts the pieces together

This collaborative approach encourages turn-taking, listening, patience and problem-solving — all while having fun! It's particularly beneficial for children

who find social interactions tricky or need help developing confidence in group situations.

Why These Interventions Matter?

Children may sometimes feel overwhelmed, anxious, or unsure of how to manage their feelings. Mrs Hatton and Miss Cluness provide a nurturing space where they can learn strategies to cope, connect with others and believe in themselves.

All programmes work alongside classroom learning to help your child feel secure, emotionally strong and ready to succeed.