



RESILIENCE

Developing resilience is a personal journey and everyone reacts differently to the same life events.

Everybody has different levels of resilience and we can work with pupils to help them build on what they've already got.

We work with pupils to help them develop:

- * A positive view of themselves and confidence in their strengths and abilities
- * Skills in communication and problem solving
- * Strategies to manage strong feelings and impulses

PROTECTIVE BEHAVIOURS

Protective Behaviours is a safety awareness programme that helps children and young adults to recognise their own personal warning signs. It helps pupils develop their internal radio and explores how to protect themselves in a safe and supported way.

Protective Behaviours also looks at identifying individual support networks for times when we need someone to listen and help.



PUPIL LISTENER SERVICE THE VALLEY SCHOOL

KEY FACTS



PUPIL LISTENING

Pupil Listening is a new service being offered at The Valley School. We have created a space in school so that your child can feel safe to talk and be listened to.

The room is small and comfortable and an adult is available every day to support pupils when things are tough.

Bespoke sessions are arranged to give pupils coping strategies and explore practical ways to develop self-awareness and inner strength.

As well as providing a listening service, staff will use both Protective Behaviours and Resilience techniques to support pupils.

“Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up”

- Mary Holloway

Our Pupil Listener service is run by Mrs Smith and Mrs Hazell.

Pupils will be referred by their Form Tutor or Learning Leader before an individual support programme is devised.



Sessions will happen within the school day at a time that is appropriate for each pupil. If you **do not** wish for your child to be considered for the Pupil Listener service, please notify the school office.

