



If you wish to discuss support for your child, please contact your child's individual Head of Year, Pastoral Support Manager or our Director of Inclusion Ms Cini via email; d.cini@wansteadhigh.co.uk. We will be able to advise which intervention may be best placed for your child.

School Counsellor

We have a full time School Counsellor Ms Vashisht, who is a member of the BACP (British Association for Counselling and Psychotherapy). 1:1 sessions aim to provide a safe space for pupils to discuss parts of their life which are troubling them and to understand how these issues may be affecting them individually. The purpose of sessions is to discover better ways of coping with these issues more independently.

Counselling may be suitable for pupils who have experienced a bereavement or trauma and/or where anxiety is manifesting in physical symptoms which is impacting daily functions such as sleeping, eating and socialising. Where pupils have been seen and assessed by CAMHS and counselling has been identified as the appropriate level of support, pupils will be added to the school counselling wait list.

Sessions take place on school site during the school day and parents receive confirmation when their child has been allocated to the School Counsellor. The intervention is reviewed every 6 weeks where a decision is made as to whether the pupil can exit the intervention, or whether further sessions are required.

Learning Mentors

We have two full time Learning Mentors who work with pupils to address barriers to learning. This is through both one to one sessions and group sessions. Learning Mentors provide guidance to pupils who may be experiencing challenges with their behaviour, peer group issues, transition to secondary school, alongside any difficulties they may be facing outside of school. Learning Mentors use a range of techniques including direct work and role play to help pupils communicate their thoughts and feelings.

Mentoring may be suitable for pupils requiring support with forming and sustaining relationships with peers, managing social isolation and low-level anxiety in social situations. Learning Mentors also provide a safe space for pupils experiencing difficulties due to unforeseen circumstances such as bereavement and family circumstances.

Mental Health Support Team

We are fortunate to be a Mental Health Support Team school. The Mental Health Support Team consists of Educational Psychologists and Educational Mental Health Practitioners. They are part of Redbridge Educational Well-Being Team within the Educational Psychology Service. The MHST provide children and young people who are experiencing mild to moderate mental health difficulties such as anxiety, low mood and behavioural challenges. This often involves working directly with the either the young person for 5-8 sessions.

This intervention may be suitable for pupils Suitable for pupil's experience anxiety manifesting as physical symptoms which is impacting daily functions such as sleeping, eating, socialising, pupils displaying anxiety with no secondary needs or concerns and pupils displaying low mood or refusal to communicate for periods of time.

Wellbeing Mornings

Our School Counsellor facilitates Group sessions held during Tutor Time with an allocated day for each Year Group. These sessions provide a space for pupils to receive initial support and feedback for individual problems. Pupils can drop in to these sessions without an appointment.

These sessions are suitable for pupils experiencing difficulties with forming and sustaining relationships with peers, low-level anxiety in social situations and family circumstances which may be creating challenges. Often these sessions form a positive pre-requisite for pupils who wish to engage in 1:1 support or pupils who may already be on the waiting list for individual support.

Referrals to External Agencies

There may be occasions when pupils require support from specialist external agencies such as CAMHS, the Eating Disorder Service, Social Care and/or Early Help Service. We can advise you on which support may be required during our discussions.