



Pastoral Newsletter

Autumn 2024



At Hamer Primary School, we want everyone to feel welcomed and supported.

Our Pastoral Team aims to provide a safe place, where individuals are valued, listened to and helped to overcome any barriers to learning, so they can lead fulfilling and balanced lives at school and beyond. We believe that good pastoral support focuses on nurturing the individual needs of each child and aim to build trusting and empathetic relationships with all our pupils and their families.

We work alongside your child's academic education to offer extra support, if and when needed. Supporting the pastoral needs of pupils may sometimes involve working with external agencies. In these situations, we ensure that a confidential, professional, non-judgmental and sensitive service is provided.

Pastoral newsletters will be sent out each term, to keep you informed about the support available both within school and in the local area. We will also be holding some parent information sessions around various pastoral themes. Please let the team know if there is a specific topic you are interested in hearing more about.

Meet our Pastoral Team



Mrs Terry
Headteacher &
Safeguarding Lead



Mrs Smith
Children's Welfare Officer
& Safeguarding Lead



Miss Duggan
SENDCO & Wellbeing Lead



Miss Mullane
Behaviour Lead



Mrs Salter
Attendance Lead

Our Pastoral Team has a wealth of experience in supporting children and families across a wide range of issues. Should you have any concerns about your child's wellbeing, please get in touch office@hamer.rochdale.sch.uk or 01706 655756.

Useful Resources

With the winter break fast approaching, at Kooth Digital Health we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, teaching staff and friends that the school community provides. Seasonal illness and the closure of many services at this time of year can also lead to extended wait times for support across both adult and young people's NHS and community services.

Kooth and Qwell offer free access to online text-based practitioner chats, self-help tools and activities, journal spaces and advice from our non-judgemental, safe and moderated peer : peer communities.



Ages **10-25** via www.kooth.com



Ages **25+** via www.Qwell.io



For parents with children in early years and up to the age of 8.

An informative and helpful video to help parents understand their little one's worries and practical solutions to support with this.

This is delivered by a member of the Young People's Mental Health Support Team.

Click the link below:

[Leaving little ones - advice to support your child](#)

Please see the attached advice from the National College

10 Top Tips - Supporting Young People to Build Emotional Resilience

Upcoming events

JANUARY		FEBRUARY
1st-30th Dry January		1st-28th LGBT History Month
10th-16th Houseplant Week		1st Chinese New Year
18th-24th Big Energy Saving Week		4th-20th Winter Olympics
1st-30th Veganuary		8th-13th National Apprenticeship Week
17th Blue Monday		17th Random Acts of Kindness Day
28th Fun at Work Day		20th National Love Your Pet Day

The Umbrella Sessions

Information and support for parents and carers of children and young people with Neurodiversity

- Has your child got a diagnosis of ADHD or Autism?
- Are you on the way to getting a diagnosis?
- Are you on the Neurodiversity Journey?

ANSWERED YES TO ANY OF THESE?
Then the Neurodiversity training programme is for you

The sessions will use person-centred approaches to build understanding of your child's Neurodiversity and increase resilience to support them on their journey in a positive and empowering way

Sessions are at Spotland Bridge Mill, Rochdale, OL11 5BU

- Neurodiversity all about it
- Thursday 27th February 11.30am-1.30pm or 6pm-8pm
- ADHD, medication and alternative interventions
- Thursday 6th March 11.30am-1.30pm or 6pm-8pm
- Sensory challenges and strategies
- Thursday 13th March 11.30am-1.30pm or 6pm-8pm
- Neurodiversity, sleep and wellbeing
- Thursday 20th March 11.30am-1.30pm or 6pm-8pm
- Neurodiversity, how to flourish in school
- Thursday 27th March 11.30am-1.30pm or 6pm-8pm

 Sessions are booked via Eventbrite
Scan the QR code to book
For more information please contact rochdaleumbrellasessions@outlook.com



The Pastoral Team wish you and your families, a very happy and peaceful Christmas break.



We look forward to working with you in the New Year.

