



## Pastoral Team

### Our Pastoral Team Aims

At Little Bowden we aim to deliver a consistent and cohesive whole school approach in supporting our children and their families to flourish and have positive mental health and wellbeing.



### How we can help you?

Our Pastoral Team can offer support and advice in a range of situations, such as:

- your child's behaviour at home or at school
- your child's punctuality and attendance
- supporting you or someone you know who is suffering with mental health difficulties
- concerns about the welfare of any child
- helping you to access support for difficulties you may be experiencing, such as financial worries, relationships, health etc
- offering group work and one-to-one sessions with children in school
  - assistance with form filling
  - counselling for your child.

### How does my child access Pastoral Team support?

A referral can be made by your child's class teacher or any other adult who works with your child. A parent may refer their child after consultation with the pastoral team.

### How can you contact us?

You can call us to make an appointment or just to chat, via the school office on

01858 462528, or email:

[admin@littlebowden.leics.sch.uk](mailto:admin@littlebowden.leics.sch.uk).

Alternatively, you can speak to a member of our Team directly by calling:

Toni Merriman 07932 622989

Kathy Garrood 07837 972351



## Pastoral Team



### **Pastoral Lead**

#### **Toni Merriman**

MAEduc, PGSEnCo, BEd, C&G Adult Educ, NVQ2 Early Years Care & Educ., Youth Mental Health First Aider, Fun & Families Lead

I am a passionate advocate of primary education and have extensive experience from many different sectors of the system, beginning in Liverpool in an inner-city secondary school, before working as a sales and marketing professional in London. After working abroad, I returned to the education sector within a pre-school setting and then into adult education within the Prison Service.

I have worked at Little Bowden for 15 years as a Teacher, with experience in all year groups, and as a SENCo with expertise in supporting children with special educational needs. I am now a member of the Senior Leadership Team at Little Bowden as Pastoral Lead ensuring that pastoral care is at the core of our school, driven by our culture and ethos to develop a caring and mutual respect conducive to working together to love learning for every child.



### **Pastoral Governor**

#### **Nanda Stephenson**

I am the governor lead for pastoral care. I have been a GP (I currently work in Leicester but have worked locally also) for the last 12 years. I also have two daughters at the school. I therefore feel children's and family wellbeing is a priority and am pleased to be supporting this at the school.



### **Family Liaison**

#### **Kathy Garrood**

BScHons Public Health RGN, Youth Mental Health First Aider, Designated Safeguarding Lead

My background was working as a specialist public health school nurse for Leicestershire for the past 28 years, so many of you may already know of me.

I have now retired as a school nurse and have been given a great opportunity to utilise my skills, knowledge and experience to help in supporting you and your children at Little Bowden as part of an already thriving pastoral team.

I hold weekly parent drop-in clinics on a Wednesday morning from 9.00am-12.00am. I am also available out of school terms all year round for home visits and support.



## Pastoral Team



**Pastoral TA/ELSA/Forest  
School Leader (Level 3)  
Brajit Carter**

As an ELSA (Emotional Literacy Support Assistant) I work with small groups or 1:1, supporting children's well-being and helping them achieve their full potential and access their learning. This can be anything from behavioural, friendship conflicts, social skills, bereavement, regulating emotions, looking at stress triggers and coping strategies.

I run Forest School sessions on our woodland site, and believe that play is vital to learning and holistic development. The environment provides a stimulus for all learning preferences and dispositions, emotional intelligence, motivation, positive attitude, the chance to take supported risks, builds resilience, independence, creativity and confidence.



**Child Support Mentor  
Sally Thomas-Frederick**

My role as a Child Support Mentor is to help the children with their emotional wellbeing. I offer one-to-one support, and group sessions to help with social communication and friendships. I'm there for the children if they have any worries or concerns, be that in school or at home. If they are feeling anxious or upset and need someone to talk to that's when I step in to help.

I run chillout club at breaktime for children in years 5 & 6, and offer a "Time to Talk" area at lunchtime in the front playground, a space that is focused on emotional wellbeing, creativity, and active play. There is always a member of the pastoral team available at lunchtime to support the children. Please don't hesitate to contact me if you feel your child needs some support.



**School Counsellor  
Gail Justice  
PGDip MA HCPC MBACP**

I am a creative arts therapist, integrative child and adolescent psychotherapist, and clinical supervisor who has been working therapeutically since 1998.

I have extensive experience working with children and young people in primary and secondary schools, residential settings, and specialist units.