

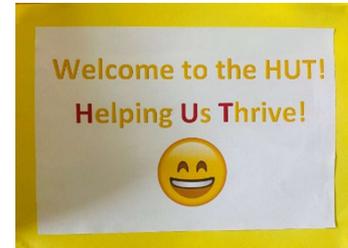
The HUT

Helping Us Thrive

What is The HUT?

The HUT stands for Helping Us Thrive. We have a dedicated space in school known as 'The HUT' that children can access during break time or lunch time, or be invited for a HUT session throughout their school day. The HUT is an environment of safety, connection and compassion at all times.

In The HUT we have emotionally available adults to support children who may be feeling anxious, concerned or just need a friendly face. Our staff are there to listen to our children without judgement and to help them sort out their thoughts and feelings about whatever is concerning them.



Which staff support our HUT provision?

Chelsea O'Brien (INCO)



Ros Dent (FSA & Therapeutic support)



Maria Pellow (Therapeutic support)



Danielle Wooley (Therapeutic support)



when little people
are overwhelmed by
big emotions, it's our job
to share our calm,
not to join their chaos.
-l.r. krost

How can The HUT help my child?

Our aim is to:

- Support children to make sense of their experience(s).
- Find positive and effective ways to manage their emotions and feelings.
- Ensure children are supported to maintain the capacity to thrive and learn, despite difficult events that may occur in their lives.

Our staff support children who have social, emotional and mental health difficulties and have been specially trained to support with the following:

Bereavement

Anxiety

Family Separation / Loss

Friendships

Self- awareness

Managing feelings

Self-regulation

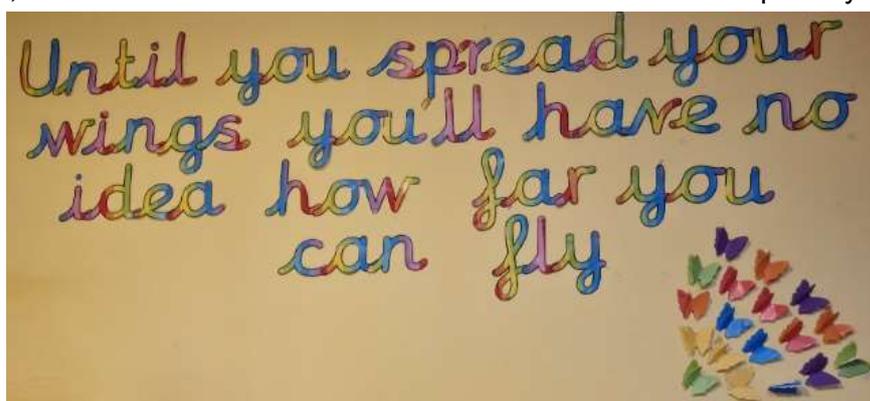
Motivation

Empathy

Social skills

Suicide and self- harm

Attachment



How are children referred?

We have a robust system for identifying children who might benefit from HUT provision. Some children may need support on odd days/ weeks and some children may need support for longer periods of time. We use Outcome Star assessments to help identify and measure the impact of interventions in place and to ensure the child is involved in assessments and planning for next steps. Children may be referred by teachers, support staff or parents. If you feel your child may benefit, please contact Mrs O'Brien or Mrs Dent.

Support may be offered as a 1:1 session, or in small groups. The HUT is also open for children to independently access during break and lunch times.

