

PEDALS

*What does it
mean?*

*Promoting
Emotional
Development
And
Life
Skills*



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**A Parent's
Guide To
PEDALS**



The PEDALS Team

At Pirbright Village Primary School it is understood that for children to be successful academically, they need to be happy and feel safe in their environment.

At times in a child's life, there will be moments when they feel insecure, worried or concerned. There will also be times when children go through changes in circumstance, which may result in home life straying from what they know as the norm.

During these times, our PEDALS Team is here to help.

Mrs Erin Hinzman, PVPS's Home/School Partner, leads a team that are here to help children and their families during periods of anxiety, uncertainty and/or upheaval by offering Talk Time, along with focused support, to explore feelings and identify useful coping strategies.

Erin is also available to provide parenting support by liaising with parents and exploring effective ways of managing children's

How does a child become involved in PEDALS?

Usually a child will be offered pastoral support after conversations with class teachers or the leadership team. For example, it may be that adults who work with a particular child have noticed that he/she is struggling and this will be discussed with parents. Parents can also approach the class teacher to identify any worries or concerns and through that conversation, PEDALS support may be offered. Parents will be informed if their child is offered PEDALS support and this may be through small group, large group or 1:1 sessions.

What does PEDALS offer?

Support is offered to children and families through times of worry, stress, uncertainty and/or change. Support is available for:

- Transitioning to a new school
- Coping with changes in circumstance at home
- Strengthening friendships
- Building resilience
- Managing bereavement
- Handling difficult emotions
- Improving self-esteem
- Exploring worries/concerns/anxieties

Meet the PEDALS Team



**Mrs Hinzman
Home/School Partner
and Pastoral Support**



**Mrs Heather
Learning and Pastoral
Support**



**Mrs Horrell-Tidbury
Learning and Pastoral
Support**

PEDALS sessions often have a specific focus, such as building resilience and managing difficult emotions. In addition, some groups are routinely offered that focus on topics such as boosting self-esteem, transition and promoting good attitudes towards learning. Although children are taken from curriculum time for PEDALS support, it is understood that children are not able to perform to their potential when emotional or social matters are impacting them. Most often, children are offered a short period of support that is focused on addressing a particular worry/concern. When PEDALS support is complete, the children are encouraged to check back in with the adult that has supported them on an informal basis. When this provision comes to an end, support can still be made available in the future.