

PEDALS

*What does it
stand for?*



**Promoting
Emotional
Development
And
Life
Skills**

Pirbright Village Primary
School
School Lane
Pirbright
Surrey
GU24 0JN

01483 473884
ehinzman@pirbright.surrey.sch.uk
www.pirbrightvillageprimaryschool.com

**A Parent's
Guide To
PEDALS**



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 unsettled. There will also be times when children go through a change in circumstances, which may result in home life being different from what they have known to be the norm.

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

The PEDALS Team

Mrs Erin Hinzman, PVPS's Home/School Partner, leads the PEDALS Team and works collaboratively with Mrs Gemma Nuttall. Together, they help children and their families during periods of anxiety, uncertainty and/or change 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 behaviour.

How does a child become involved in PEDALS?

Usually, a child will be offered pastoral support after conversations with the class teachers or the leadership team. For example, if the adults notice a child who appears to be struggling or presenting differently from the norm, this will be brought to the parent's attention. Parents can also approach the class teacher, or speak to Mrs Hinzman directly, to identify any worries or concerns. It is through these conversations that 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 a change in circumstances 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 Nuttall
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, supporting transitions 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 achieve their full potential when emotional and/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 comes to an end, the children are encouraged to check back in with the PEDALS Team on an informal basis and are welcome to attend PEDALS Playtime every half term. PEDALS support can be made available to the child again in the future, if/when needed.
