

# **SISPO**

(Student Support Unit)

## **Parent Handbook**

March 2018

## **What is SISPO?**

SISPO is a place in school where students can go if they need help with problems, or just someone to talk to. It's open to everyone, has a breakfast club every morning and is open at break and lunch for social time. SISPO is open daily from 07-30am until 4-30pm.

## **Where is SISPO?**

SISPO is opposite the Art Block, behind the hedge next to the ATC building.

## **Who works in SISPO?**

SISPO has three staff; Mrs Abbas, Mrs Siriboe and Ms Walsh. They are very approachable and have a range of skills and experience in the field of student support.

Mrs Siriboe is the Transition Officer, Ms Walsh the Inclusion Officer, and Mrs Abbas the school Family Worker.

## **What does SISPO Do?**

SISPO is open to everyone; it has a Breakfast Club and is open at break, lunch and after school if students want to pop in and socialise. Students don't need to have a "problem" to come to SISPO.

SISPO also runs groups and activities to help students learn about things like staying safe, the dangers of drugs and alcohol, how to manage their own behaviour, how to get on with people and make friends and how to feel better about themselves.

Our counsellor, Jess, delivers anxiety workshops to Year 7 and 11 students. This helps them deal with the pressure of transition into high school, and the stresses of final exams and leaving.

SISPO also helps students who aren't coping well in school because they're worrying about other things. These things could be almost anything but usually they're about:

- Bullying
- Family problems
- Housing or Social problems
- Health problems
- Worrying all the time
- Exam Stress
- Friendship problems
- Being scared
- Their own behaviour
- Someone else's behaviour
- Accessing information and advice

### **How does SISPO help?**

SISPO can help in lots of ways, these are just a few:

- Having a safe place to go to.
- Having someone to talk to. This often helps students see things more clearly and allows them to be less worried.
- Offering information and advice.
- Accessing specialist help, such as counselling, access to social care services, youth services, family support services and health services.
- Helping students to deal with problems in school, like bullying or not being able to make friends.
- Helping students feel more confident with other people by building self-esteem and resilience.

Most students come to SISPO for breakfast and social time. Students who come to the unit for help and support needn't fear they will be stigmatised.

Should a student disclose matters considered to pose a risk to themselves or others, these will immediately be reported to the school Safeguarding Lead, Jacquie Knighton, as per school policy.

### **How can students/parents request support from SISPO?**

There are two ways:

- Via Year Room. Talking things through with Year Room staff is often enough to resolve issues and problems. They may discuss SISPO with you and, if you feel this would be useful, make a referral.
- Students may refer themselves by completing a short referral form, which can be found in SISPO or at student reception.

SISPO staff will make contact once the referral has been received.

This booklet offers only a brief resume' of services offered via SISPO. If you would like more information or have any questions or queries, please contact any of the SISPO staff via the school telephone number.

**Thank You**