

# **SISPO**

(The place to go if you need some help)

## **Student Handbook**

March 2018

## **What is SISPO?**

SISPO is a place in school where students can go if they need help with problems or just to talk to someone.

## **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, apart from on Friday afternoons (joke!!)

Lots of people from outside school also come to SISPO to meet some students. These include counsellors, youth workers, social workers, health workers and mentors (people you talk to).

## **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. SISPO also runs groups and activities to help students learn about things like staying safe, the dangers of drugs and alcohol, how to manage your own behaviour, how to get on with people and make friends and how to feel better about yourself. You don't need to have "a problem" to come to SISPO!

It does also help students who aren't able to cope well in school because they're worrying about other things. These things could be almost anything but usually they're about:

- Bullying
- Family problems
- Health problems

- Worrying all the time
- Friendship problems
- Being scared
- Your own behaviour
- Someone else's behaviour
- Not being sure if you have the right information about something.

In SISPO someone will listen to you, won't think you're being silly and will try to make things better.

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

It depends on what you need! SISPO tries to find a way to help that works for you. Some students just want a safe place to go at breakfast, break or lunch and have people to talk to. Others might have bigger problems and need more 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 you see things more clearly and allows you to be less worried
- Giving you information and advice
- Getting some help for you from outside school, like a counsellor or social worker or youth worker or health worker
- Helping you to deal with problems in school, like bullying or not being able to make friends
- Helping you to feel more confident with other people by being in a group

## **Will everyone need to know if I go to SISPO?**

Most students who come to SISPO are here for social time and toast! If you come because you have a problem, other students will only know if you tell them.

Your Year Room will know that you come to SISPO; they will normally have suggested it in the first place. But they're very good at not asking too many questions, unless you want to tell them!

Some things have to be shared with other people. If you are not safe or if something bad has happened to you, all school staff must report it. Sometimes this can be dealt with in school and sometimes not, it depends on what it is. Your safety comes first.

## **How do I ask for help from SISPO?**

There are two ways:

If you go to your Year Room you can talk the problem through with them; often they will be able to sort everything out for you. If they think a referral to SISPO for a group or something else might help, they will refer you.

If you can't get to the Year Room, come to SISPO over break or after school. You can ask to talk to one of the staff, and then fill in a "self-referral form"; if you don't want to talk just fill in the form! This is easy to do and gives us a clear idea of the problem you would like help with. Forms can be found in SISPO or at Student Reception and can then be either handed in or put in the post-box at Student Reception.

Someone from SISPO will contact you as soon as they have read the form.

### **Do I have to come to SISPO forever?**

What a terrible thought! No you don't. As soon as your problem is better or you feel you don't need any more help, you don't have to come anymore. Lots of people who used to have help from SISPO only come in for a chat now. You're always welcome at breakfast, break and lunchtime.

We hope this booklet has given you lots of information. If you want to know any more, please come over to SISPO and ask one of the staff.