

ULTIMATE FAMILY SUPPORT



Building Bonds



Strengthening Futures



"When supporting families, our job isn't always to rebuild the whole house, sometimes it's just to help them find the next brick. The next breath."

Dr Brene Brown

SERVICE DIRECTORY

ABOUT US

Welcome to your local schools partnership. We are here to help improve outcomes for children and young people and to help make it easier for you to support your children with their learning.

OVERVIEW

Our School Family Workers support families in whichever way they need. They have a wealth of knowledge regarding services available to support families and can offer one to one support on parenting issues. The School Family Workers will happily help with queries you may have.

AREAS OF SUPPORT

We can help support you with a range of concerns you may have. No problem is too big or too small. The help we provide is dependent on your needs and we are a completely confidential service. Some of the difficulties we can help you with are:

Parenting strategies: managing challenging behaviour or sleep patterns

Assisting parents of children with additional needs

Changing schools (transition)

Loss or bereavement

Financial concerns

Smoking, drugs and alcohol misuse

Family breakdown

Being in an abusive relationship



SAFEGUARDING

Cheryl Bodrozic - Designated Safeguarding Lead

Half-termly case supervision

EHM - Family First Assessment Keywork role

Collaborative working with school and local service safeguarding team

Staff team DBS checked

Public liability insurance

Keeping Children Safe in Education recruitment process

FOR HELP & SUPPORT PLEASE EMAIL:
cbodrozic@stanborough.herts.sch.uk



REFERRAL PROCESS

SCHOOL REFERRAL

If you would like to discuss concerns with a School Family Worker please ask your school to make a referral to us or contact us directly on the number on this page.



01707 387702

SELF-REFERRAL

If you'd prefer to, please submit a self-referral using the form on our website.



FOR MORE INFORMATION PLEASE SEE OUR WEBSITE:
<https://wgc-hatfield-schoolspartnership.com>

COURSES & WORKSHOPS

COURSE SYMBOLS GLOSSARY:

For parents/carers



For educators



For students



WHO'S IN CHARGE?

Nine-week parent programme



This is a structured programme using group exercises, discussion, facilitator input and handouts to take parents through an experiential process of attitude and behaviour change. The main goal is to empower parents, reduce stress and guilt, and give them concrete strategies.

The first part (sessions 1 to 3) is the most therapeutic part of the programme, which aims primarily to reduce parents' sense of guilt and isolation while making them more determined not to accept disrespect and to become clearer about boundaries. Topics covered include cause of out of control behaviour, deconstructing some of the common myths eg., parent blaming and simplistic explanations; how much influence do parents really have; feelings of entitlement in children; what is abuse; what is "power" in families and why does acting irresponsibly give people power?

As some changes in attitudes begin to happen during weeks 3 to 6, we are ready to absorb some concrete ideas aimed at changing children's behaviour. A core area of the programme unpacks how we create consequences, and the use of consequences is adapted to apply to uncooperative young people who may not care about very much.

The third part of the programme explores anger (both in the young person and the parents), assertiveness and self-care.

Who's in Charge? is a 9 week programme. The main part of the programme is covered in eight consecutive weeks. The ninth session is the follow up two months later. This allows time to consolidate learning and put it into practice.

Testimonials

J: "Loved this course! Really helped me. Join even if the problem isn't too big – Good parenting advice for all!"

S: "Worth doing as you will come out with some insight, tools and language to use".

C: "I have already suggested this course to a friend as she has seen I have benefited from it. Cheryl and Sarah have been amazing - very understanding and knowledgeable".

B: "Do it, thank you"!

L: "I felt after the first session I wasn't sure if it was right for me (because our issues were different from others) however I am really glad I did it and got a lot out of it. Adoption training on parenting was not always working for us, trying these methods helped".

J: "Sign up without delay, really happy that we've done the course".



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COURSES & WORKSHOPS

UNDERSTANDING ANXIETY IN CHILDREN

Two-week parent/carer programme – Four hours in total
Two week professionals programme – Four hours in total



Programme content: Understand and teach children the difference between worry and anxiety.

How does anxiety feel for us and for children?

Signs, and causes of anxiety - Fight, Flight, Freeze

- Feelings, thoughts and behaviour
- The cycle of anxiety
- Stress bucket
- Active listening - What makes a good listener?
- Empathy versus Sympathy
- Parenting styles
- Practical activities and tools: Comfort box, Social stories, Graded exposure, Praise and encouragement.
- Time for you ...

The workshop provides valuable insight and practical tools in a supportive judgement-free space. Gain confidence and reduce stress by taking steps towards family emotional well-being.

Testimonials

D: "We are very lucky to have courses like this available, as well as the opportunity to share experiences and advice with other parents who are dealing with similar challenges. I have come across many of the practical things before but I've really learnt a lot over the weeks and I've rather enjoyed my Wednesday mornings!"

B: "It was really interesting to see how the brain responds. I'm going to show the kids that video".

R: "Love the breathing exercise, and will definitely be using this with my children".

K: "Really well presented, and explained in a way that I can understand. Thank you ladies".

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COURSES & WORKSHOPS

UNDERSTANDING THE TEEN BRAIN



Three-week two-hour parent/carer programme – Six hours in total

Three-week two-hour professional training – Six hours in total

The aim is to help professionals, parents and carers understand this key stage of brain development and how those changes - in conjunction with experience and environment - can affect emotions, relationships, behaviour, sleep and attitudes to risk.

My Teen Brain explores:

- Changes to the adolescent brain, risks and behaviours.
- Adolescent development.
- What is happening to the young person, much of which is invisible from the outside.
- Changes in the brain which allows new learning and the development of new intellectual skills.
- Your behaviour and the major impact on the young person.
- Your willingness to allow the young person to gradually increase levels of independence.
- How the brain is only one factor influencing behaviour; family, school and community all have a role to play.

Week 1: Growth, change and opportunity. Changes and individual differences. Sites under construction. Hormones. Sleep.

Week 2: Significance. Parenting styles. Communication. Managing conflict.

Week 3: Understanding risk. Protective factors. Resilience.

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COURSES & WORKSHOPS

AGAINST VIOLENCE AND ABUSE - SUPPORT FOR THOSE IMPACTED BY DOMESTIC ABUSE



**12-week x 2 hour programme of support.
For parents/carers who have experienced domestic abuse.
For children and young people who have experienced
domestic abuse.**



The purpose of the programme is to provide children and young people with the opportunity to process and understand the violence and abuse that they have experienced.

The purpose of the Mother's group is for women who have been abused to connect with other women as parents in a safe and supportive environment. The Mother's group guides women in reflecting upon their personal experiences of abuse to the extent that best enables them to then have a greater understanding of their children's perspective.

Programme content:

Session 1: Getting to know you.

Session 2: Breaking the secret about abuse that happens in families.

Session 3: Understanding our many feelings...

Session 4: Children's experiences of hurting in their families

Session 5: Staying safe when abuse happens: My personal safety plan.

Session 6: Staying Safe - Sexual abuse prevention.

Session 7: Anger is important: Understanding and expressing it.

Session 8: Learning about problems. How to solve problems in healthy ways.

Session 9: Dealing with family changes when abuse has happened.

Session 10: It's not our fault.

Session 11: The best me I can be – self-esteem

Session 12: Saying goodbye.

Testimonials

H: "It makes you challenge what is common and healthy, what is abusive and normal? I really liked the washing line week because it made me think about everyone and how we treat each other"

R: "12 weeks sounded like such a long time at the beginning but now it's gone so fast and I wish there were more weeks"

G: "You were good at knowing when we wanted to talk about something else and when it was ok to laugh – thank you"

J: "I don't think I would have made better decisions with my relationships if I didn't do this course"

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COURSES & WORKSHOPS

FREEDOM PROGRAMME – Support for those impacted by domestic abuse



12-week programme primarily designed for women as victims of domestic violence, as research shows that in the vast majority of cases of serious abuse are male on female. – 12 x two hours

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help victims make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

Programme content:

Session 1: Introduction

Session 2: The Dominator

Session 3: The Bully

Session 4: The Bad Father

Session 5: The Effects of Domestic Abuse On Children

Session 6: The Headworker

Session 7: The Jailer

Session 8: The Sexual Controller

Session 9: The King of the Castle

Session 10: The Liar

Session 11: The persuader

Session 12: Warning Signs and Resources

Testimonials

K: It is quite simply the most invaluable resource I've had access to.

J: It helped me realise a lot of what I was excusing, putting down to MH were abusive behaviours.

M: It was tough we cried and laughed in the group.

C: I just wanted to again say THANK YOU! The warning signs have helped me not make the same mistake again as I have identified quickly if a partner is showing signs of potentially being an abuser.

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COURSES & WORKSHOPS

Understanding and Managing Emotional Based School Avoidance (EBSA)

Workshop for parents/carers – Two hours
Workshop for professionals – Two hours

Programme content: Advice and guidance to support children to overcome Emotionally Based School Avoidance.



By the end of the session, parents/professionals will:

- Understand what EBSA is and its causes
- Recognise signs of EBSA in children
- Learn practical strategies to support children in returning to school
- Build a supportive home-school relationship

School related anxiety

Attachment

Cycle of avoidance.

Factors associated with EBSA.

What maintains EBSA?

What school can do to help.

What parents/carers can do to help.

Dysregulation, co-regulation, self-regulation.

Top-tips.

Understanding Attachment

Workshop for parents/carers – Two hours
Workshop for professionals – Two hours

Programme content: Advice and guidance to support better understanding of the roll of positive attachment in the development of a child's social and emotional development.



- What is attachment?

- Why is attachment important?

- Different types of attachment.

- How can attachment be strengthened?

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COURSES & WORKSHOPS

UNDERSTANDING ONLINE SAFETY

Workshop for parents/carers – One hour



Programme content: Advice and guidance to support parents/carers to navigate online safety that supports children to stay safe in online interactions.

- Benefits and risks.
- Social media, gaming and Apps.
- Exploration of online dangers – cyber bullying, grooming and exploitation.
- Practical strategies to promote healthy relationship with technology.
- Discussing online safety with children.
- Familiarisation with parental controls and other useful tips.
- Stay informed, empowered and pro-active.

UNDERSTANDING TRANSITION TO SECONDARY SCHOOL



Workshop for parents/carers – Two hours

Programme content: Advice and guidance assist parents/carers to understand the transition process.

Practical strategies to support children's confidence and readiness to embrace change.

Exploration of social, emotional and the practical challenges of transition.

Independence and resilience top-tips.

Strategies to ease separation anxiety and confidence boosting.

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COURSES & WORKSHOPS

UNDERSTANDING SEND - BEGINNING THE JOURNEY



Workshop for parents/carers – Two hours

Programme content: Advice and guidance to assist parents/carers to understand and navigate the early stages of SEND assessment and available support.

- Knowledge is Power – Making Informed Decisions.
- Accessing the Right Support for Your Child.
- EHCP – Mainstream and Specialist Provisions.
- Behaviour – The Child with SEND.
- Resilience and Growth Mindset.
- The Parent/Carer: Self – awareness, Self-regulation and Self-care.
- Building a Good Support Network.

IN-SCHOOL COFFEE & CHAT SESSIONS



For parents/carers – Two hours

Programme content: Parents/carers are offered an informal opportunity to meet a school family worker for advice guidance and support.

Meet the allocated school family worker at the school your child attends. Refreshments available.

COURSES & WORKSHOPS

TELEPHONE SURGERY

For parents/carers - Half-termly fifteen minute bookable slots

Programme content: Parents/carers can book a slot to speak to a school family worker.

Telephone discussion to access support, advice, guidance and signposting.



SUMMER TELEPHONE SUPPORT SERVICE

For parents/carers – The offer is available for four of six weeks over the Summer break.

Telephone discussion to access support, advice, guidance and signposting.



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COURSES & WORKSHOPS

TARGET MENTORING WORKSHOP

One hour sessions for six weeks



Our TARGET workshops equip students with essential life skills to help them navigate friendships, challenges and personal growth

- Tribe -** Discover how to connect with others, build friendships and find a sense of belonging, understand how positive social connections benefit your life
- Achieve -** Learn goal-setting and motivational techniques to stay focused and succeed
- Resilience -** Develop a “can do” attitude, understand that life isn’t always fair and learn to bounce back from setbacks.
- Giving -** Explore how giving back to your community can enhance your wellbeing, social connections and resilience.
- Emotions -** Improve your ability to read facial expressions, body language and tone of voice to better understand people, express yourself and avoid conflict.
- Transform -** Try new things (Transform) – step outside your comfort zone, take on new challenges, meet new people and build confidence in the process.

Our engaging and interactive encourage students to develop key skills for building strong relationships, overcoming obstacles and embracing new opportunities. Our TARGET workshops equip students with essential life skills to help them navigate friendships, challenges and personal growth.

Tribe
Achieve
Resilience
Giving
Emotions
Transform

Make connections
Motivation
Self-care
Community pay-back
Protective Behaviours
Try new things

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COURSES & WORKSHOPS

ASSEMBLY OR WORKSHOP FORMAT

Invest in your sleep

Quality sleep is essential for well-being, focus and resilience. This workshop provides practical strategies to improve sleep habits to unlock restful nights, including:

- Creating an optimal sleep environment for rest and relaxation
- Establishing bedtime routines that promote consistency and relaxation
- Managing technology use to reduce screen-related sleep disruptions
- Engaging in exercises and activities designed to encourage natural tiredness

By small, effective changes you can improve your sleep quality, energy levels and overall well-being



Friendship & impact of social media

This workshop is designed to help navigate connections in the real and digital world. Friendships shape our lives but social media can influence how we connect, communicate and feel about ourselves. This workshop helps students to:

- Understand what makes a healthy, supportive friendship
- Recognise the impact of social media on friendships and self-esteem
- Learn how to set boundaries and manage online interactions
- Develop strategies to build meaningful connections both online and offline

By exploring the balance between digital and real-world relationships, students will gain the confidence to foster positive friendships and protect their well-being.



Sexualised behaviour & consent

Navigating relationships and understanding personal boundaries and respect is essential for healthy interactions.

This workshop provides insight into:

- The difference between appropriate and inappropriate sexualised behaviours
- The importance of consent and how to communicate it clearly
- Understanding the legality of consent in uk
- Recognising pressure, coercion and unhealthy relationship dynamics
- How media and social influences shape attitudes towards sex and consent
- Recognising pressure, coercion and unhealthy relationship dynamics
- How media and social influences shape attitudes towards sex and consent

Through open discussion and practical guidance, students will develop the knowledge and confidence to make informed, respectful choices.



COURSES & WORKSHOPS

Resilience, Puberty and Mental Health: Navigating change with confidence



Puberty brings physical, emotional and social changes that can impact mental health and well-being. This workshop helps students to:

- Understand the changes that come with puberty and how they affect emotions
- Build resilience to manage challenges and setbacks
- Recognise and cope with stress, anxiety and mood changes
- Develop healthy habits to support mental well-being during this transition

Through discussion and practical strategies, students will gain the tools to navigate puberty with confidence and emotional resilience

Balancing Life (with exam stress)



Exams can feel overwhelming but managing stress effectively can lead to better performance and a healthier mindset.

This workshop helps students to:

- Develop practical study routines without burning out
- Learn stress-management techniques to stay calm and focused
- Balance revision with relaxation, social time and self-care
- Build confidence and a positive mindset towards exams

By finding the right balance, students can approach exams feeling prepared, motivated and in control of their well-being.

Anger / Anxiety Gremlin : understanding and managing emotions



Both Anger and Anxiety (and similar emotions) are a natural emotion but when they take over, it can lead to challenges in relationships, school and well-being. This workshop helps students to:

- Recognise when anger or anxiety appears, how it builds and affects them
- Learn self-regulation techniques to calm their emotions
- Develop positive coping strategies to manage frustration
- Understand how to express feelings in a healthy, constructive way

By using a Gremlin to identify issues, students gain greater control over their emotions, helping them navigate issues and problem solve with confidence, building resilience

COURSES & WORKSHOPS

DRAWING & TALKING

Our drawing and talking sessions provide a gentle and therapeutic approach to support children, young people and adults in processing emotions, building resilience and improving well-being.

Using creativity as a tool for expression, these sessions offer safe, non-intrusive space where participants can explore their thoughts and feelings at their own pace.

The benefits are:

- Encourages emotional expression without pressure
- Helps process worries, anxiety and past experiences
- Builds confidence and resilience
- Supports mental well-being in a nurturing environment

Who is it for?

- Anyone struggling with emotions or life changes
- Anyone experiencing anxiety, low mood or emotional distress
- Those who find verbal communication challenging



PROTECTIVE BEHAVIOURS

A course designed to build confidence, resilience and personal safety skills. This course empowers people of all ages with practical tools to recognise and respond to unsafe or uncomfortable situations while promoting well-being and self-awareness.

It is an interactive course that explores the Protective Behaviours themes:

Theme 1: We all have the right to feel safe all of the time.

Theme 2: We can talk to someone about anything even if it's awful or small.

- Recognising early warning signs and developing personal safety strategies
- Building positive relationships and effective communication skills
- Managing risk without fear and increasing self-confidence



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CLOTHING AND HYGIENE BANK

Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk