



# St Mary's School and College, Bexhill

*Residential and non-residential education, therapy and support for children aged 7-19 who have speech, language and communication difficulties and associated complex needs.*

**WELLBEING TEAM**



## What St Mary's offers

St Mary's School and College includes dedicated buildings for school and college, the Aspire Vocational Centre, Interim Assessment and Placement Centre, and separate living areas. We have modern, adapted classrooms which include adjustable desks, specialist seating, interactive whiteboards, soundfield systems, technology and appropriate software to support learning.

Specialist provision includes Food Technology, Science and Design & Technology classrooms, computing suites, a well-resourced library, specialist gym, warm water pool and outdoor sports areas.

St Mary's offers a truly integrated approach that brings together education, therapy and care. Our on-site team includes speech and language therapists, physiotherapists and occupational therapists. We have a qualified nursing team, psychologists, wellbeing team and GP services, as well as a Child and Family Support Worker. As part of our core offer our facilities include: hydrotherapy pool, physiotherapy gym, sensory integration suite, medical, health and wellbeing services.

We have four residential houses (two of which are off-site) which are part of our programmes for extending independence skills. A dedicated care team provide support to our residential pupils.

All of our staff work together with the families and children to ensure the very best outcomes for pupils.

## Therapy, Health and Wellbeing

Our therapy, health and wellbeing teams and on-site facilities enable us to support pupils with a range of needs including: speech and language impairment, learning difficulties, sensory processing, physical needs, attachment difficulties, and eating and drinking difficulties.

Our therapy, health and wellbeing teams and on-site facilities enable us to deliver provision across the waking curriculum. Our model of integrated therapy means that the pupils' needs are planned, provided, and assessed in natural and functional settings. There is the opportunity to develop high levels of trust and familiarity leading to strong therapeutic relationships. We work as a multidisciplinary team to maximise independence levels and the development of 'tools for life'.

With child centred planning at the heart of our work we believe that through understanding what is driving a pupil's behaviours and anxieties we will be best placed to help them to be managed in an appropriate way. We work closely with families and carers, as well as the pupil to ensure we understand their personal goals and ambitions so that we can provide the support and evidence based interventions necessary to make these a reality.

The ultimate aim is for every pupil to achieve as much independence as possible so that they can live a fulfilled life.



**Natalie Edwards**

*Head of Therapy,  
Health and  
WellBeing*

BSc (Hons) Psychology,  
PGCE,  
HCPC, MSc  
(Educational  
Psychology)



- Where appropriate, conduct neuropsychological assessment in order to inform on-going care planning, annual reviews and Education and Health Care Plans (EHCP) in order to maximise learning potential and evidence-based intervention.
- Deliver small group work with pupils to encourage development and use of coping strategies, resilience, emotional literacy and social skills.
- Promote mental health and wellbeing through wellbeing team initiatives –PHSE lessons, notice boards, training and collaboration with other departments.
- Support and deliver weekly lunch or break time clubs in school and college.
- Attend class and tutor planning and residential meetings
- Plan and deliver staff training
- Deliver individual supervision or reflective practice groups
- Liaise with external professionals
- Develop and contribute to organisational policies, systems and processes.
- Attend and write reports for annual reviews with relevant social, behavioural, emotional or cognitive information.

## Wellbeing at St Mary's

The Wellbeing Team's key role is to meet the social, emotional and behavioural needs of the pupils at St Mary's. The wellbeing team includes a Clinical Psychologist, an Educational Psychologist, both registered with the Health and Care Professions Council (HCPC), as well as an Assistant Psychologist.

The Wellbeing Team work in partnership with all stakeholders to co-ordinate care and intervention to meet pupils' needs in order to maximise learning potential and access to the curriculum. We promote an environment that supports social and emotional wellbeing of all pupils and staff at St Mary's. We actively promote ways in which good mental health can be maintained as well as the development of transferable coping skills.

- Work in partnership with the pupil, parents and all professionals to ensure information about our pupils is up-to-date and disseminated appropriately.
- Deliver 1:1 sessions with pupils following formulation and an individualised program of intervention developed through a process of assessment, planning and review involving parents and staff.
- Use evidence-based psychological therapies to support pupils. For example, cognitive behavioural therapy, narrative / systemic therapy, solution-focused approaches and Video Interaction Guidance (VIG).

## The Wellbeing Team



**Dr Victoria Bonnett**

*Clinical Psychologist*

D. Clin. Psychol,  
MPhil, BA (Hons)



**Holly Marriott**

*Assistant Psychologist*

Bsc (hons)  
Psychology  
(First Class)



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