



Contact Details:

Miss N. Duffy

Pastoral Lead and School Counsellor

duffy.n@npcat.org.uk



Mrs L. Jones

Parent Support Advisor

jones.lm@npcat.org.uk



01642 455309

enquiries@stmarys.npcat.org.uk

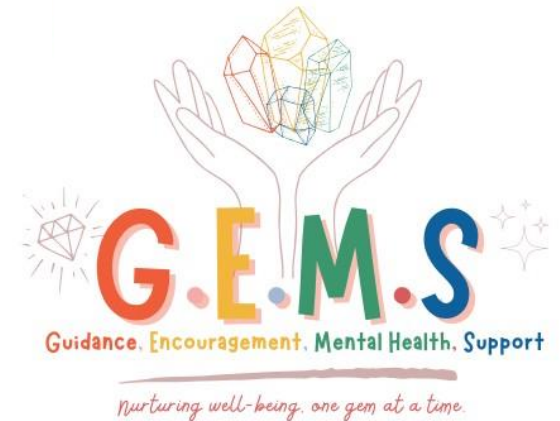


G.E.M.S can help with

- Loss and bereavement
- Emotional literacy
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety
- Bullying
- Conflict
- Emotional regulation
- Growth mindset
- Social stories



Pastoral Support



Our mission is to support children's emotional well-being and personal growth. With Guidance, Encouragement, Mental Health, and Support, we help children thrive both in and outside the classroom.



What is G.E.M.S ?

GEMS stands for Guidance, Encouragement, Mental Health, and Support. It's a program designed to provide emotional support and help children develop the resilience and skills they need to navigate life's challenges.

Our Goal: "To provide a safe, supportive space where every child can grow emotionally, socially, and academically."

Core Values:

Guidance: Helping children develop emotional intelligence, problem-solving, and healthy coping strategies.

Encouragement: Building confidence, motivating students to believe in themselves, and celebrating their successes.

Mental Health: Prioritising emotional well-being by teaching mindfulness, resilience, and stress-management skills.

Support: Offering a strong safety net for children to express their feelings, ask for help, and feel cared for.



The G.E.M.S Team

GEMS is a dedicated team of staff working together to support the emotional well-being of your child.

GEMS Staff: Offers ongoing emotional support and pastoral care, helping children with their social and emotional development on a day-to-day basis.

Our Goal: We work closely with teachers, parents, and carers to ensure children have the tools they need to grow emotionally, socially, and academically, building a strong foundation for their future.

Mrs A. Boyce



How G.E.M.S Supports Your Child

In the Classroom: We integrate GEMS principles into daily activities, encouraging open dialogue about emotions, problem-solving, and building resilience.

In Group Sessions: We run group interventions focusing on mental health awareness, positive social interactions, and learning effective coping skills.

One-on-One Support: Personalised 1:1 interventions tailored to each child's needs, helping them manage their feelings, build confidence, and address personal challenges.

Referrals to GEMS: Children will be referred to GEMS by staff members, ensuring they receive the right support at the right time. This allows us to provide tailored emotional support based on each child's unique needs, whether through group or 1:1 interventions.