Student Pastoral Support Plan
Using Multi-Element Plan Materials

Name: 
This plan has been worked out with: 

DOB: 
Date: 

How is it going at school?

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What are you good at? 
What are your strengths?

What do you like doing 
~ in school and out of school?

Are there things in school that are a problem

Do you think you need some help?

We want to understand the reasons why you sometimes..................

If you were to describe the ......................... as a 'thing', a person or a creature, what would it look like? Some of these cards might give you some ideas. (Externalisation cards)

It would be like

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Function cards

Look through these cards. When this behaviour happens, what do you think it is trying to say...

Choose cards that you think are like you and put them on the grid. Choose cards which are least like you and put them on the other side of the grid.

Now choose ~

<table>
<thead>
<tr>
<th>The top 5 most like me:</th>
<th>The top 5 least like me:</th>
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<tbody>
<tr>
<td>1.</td>
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Environmental cards

We want to think about what changes in school that might help you.

Some of your suggestions could change straight away, some may take time to sort out, whilst others may not be possible. But your views and ideas are important and we would like to hear them.

<table>
<thead>
<tr>
<th>The top 5 most helpful:</th>
<th>The top 5 least helpful:</th>
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<tr>
<td>1.</td>
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</table>
Skill Development

Remember where you started? Look back at the scale on page 1. What would make things a little bit better so that you could move up the scale?

What would you like to learn or get better at that might help?

Who do you think could help you learn these things?

How will people help me in school to remember to do these things?

How will I know how I am doing? How would you like the adults to tell you that they have noticed that you have done well or when you have had a good day?

How will my parents/carers know how I am doing, if I meet my targets…

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When you start to feel anxious, worried or uncomfortable, it would be useful to know what is helpful and what makes you feel worse. Have a look through these cards ~ Responding to difficulties. Look at these questions and place them on the escalation curve.

1. If you start to go off course, what action could your teachers take that would be helpful...? 

2. If you start to go off course, what actions do you find unhelpful ...? 

3. When I have ‘lost it’, what is the best way to help you through and make sure everyone stays safe?

4. Afterwards, when you need to return to your lessons, how could teachers help you do this? 

5. When do you usually find you are ready to talk about what happened?

Review date: 
(To discuss the review) How has the plan been successful? WHEPS - Student Pastoral Support Plan using MEP materials_(2754293)  
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