How to get involved...

If you would like Parkerville Children and Youth Care (Inc.) to provide your school with the School Based Support Service, please contact Marie Slattery, the Outreach Coordinator.

The Coordinator will make a time to visit your school and discuss how the service may be implemented in your school to meet its specific needs. She will also explain the benefits of the service for the school staff and how it provides extra support and strategies when teaching children with challenging behavior.

Marie Slattery
George Jones Child Advocacy Centre
2 Wungong Rd
ARMADALE WA 6112
Tel: 9391 1900/0438956738
Fax: 9391 1950
Email: mslattery@parkerville.org.au

“You are so calm and so open, you just listen to us”
- Year 7 student
Early intervention is essential...

Parkerville Children and Youth Care’s School Based Support Service (SBSS) has been running at Challis Early Childhood Education Centre and Primary school since 2009.

The school based support worker has been a valuable asset to the school community, providing much needed support to individual students and their families as well as running psycho-educational programmes aimed at equipping our children with skills in protecting themselves, regulating emotions and improving self-esteem and friendship-making skills. The school based worker has also provided much needed support to staff; both with students and personally.

With the issues that many children face at home today, from domestic violence, to abuse, alcohol and drugs to name a few, it is critical that we as a school lead the way in intervening in children’s lives as early as possible to give them a fair and equitable chance at life and education. Early intervention of the kind that SBSS provides helps provide children with the skills necessary to engage in school and life, and provides support and hope for a more positive future.

I strongly endorse Parkerville Children and Youth Care’s School Based Support Programme as a valuable and necessary adjunct to every school’s curriculum.

Lee Musumeci
2011 Principal of the Year

What is the School Based Support Programme?

School based Support Service (SBSS) is a unique, innovative programme facilitated by Parkerville Children and Youth Care (Inc). This preventative programme was developed in 2006 in consultation with local schools and key community members in the Armadale and surrounding regions and has since expanded to service schools in the Cities of Belmont, Stirling, Swan, Mundaring and Bassendean.

In partnerships with schools, Parkerville Children and Youth Care provides a range of targeted and easily accessible services for children and families within the school campus. These School Based Support Services (SBSS) aims to provide support to families, increase the resilience of children and strengthen links between schools and their local communities.

Activities available to participating schools:

In consultation with the school, SBSS is able to provide a range of services tailored to suit the individual needs of each school community. These may include:

Information and Assistance: To provide families support within the school community and to link parents to relevant community and support services.

Individual Support and Counselling: To provide parents and children with an accessible, family friendly environment in which to discuss individual issues.

“I was really worried so my mum said to talk to you about it cause you always help me feel better” – Year 6 student
‘Building Healthy Relationships’: Focuses on skills required to make friends, communicate with parents, teachers and peers and identify what makes a relationship safe and healthy. Issues of bullying, texting, and cyber safety are addressed as well as looking at self-esteem and how to use assertive behaviours instead of being aggressive or overly submissive in the face of bullying.

“I notice they are always calmer when they see you that week. I’m not sure what you do but it really helps them at home too.”

- Yr. 4 & 7 Single mother

‘Dealing with Strong Emotions’: Building on the Protective Behaviours concept of Early Warning Signs, these workshops look at how our bodies can pre-warn us when we are about to lose control of our emotions. Issues of anger management, conflict resolution, depression and inability to calm down when over stimulated are addressed. Students will look at what triggers their different emotions and identify appropriate ways of managing these emotions.

All programmes are designed to be interactive and fun, with age appropriate activities, games and some written components.

A lot of the programme material will meet criteria within the Primary School’s Health and Wellbeing Curriculum and as such, assists the schools and staff in meeting these criteria without having to provide their own lesson plans.

The School Based Support Service also offers:

- Workshops for parents to enable them to support their child’s learning in the programme and promote open communication with their children.
- Training of school staff to continue the program and incorporate concepts into the classrooms, and build the capacity of the school to sustain learning across school years.
- Facilitating activities that build positive relationships between school and parents.
- Supporting the development of parent groups.
- Community development and capacity building.

Workshops for teachers are provided to:

- Increase their awareness of the signs and symptoms of child abuse.
- Provide skills in responding appropriately to any disclosures, and increase their capacity to discuss safety, wellbeing and protection concerns with students.
- Provide an understanding of the language used in the programme to implement in classrooms to further reinforce student learning.

“He always looks forward to seeing you and is happier when he gets back.”

- Yr. 7 Teacher
**Psycho-Educational Group Programmes:**

These programmes may be offered either in small groups or as a whole class dependent upon the needs of the school and students. There are different group programmes available, however, concepts between the different programmes are designed to flow through to provide continuous reinforcement of themes, skills and language.

The topics covered in the programmes are:

‘*Keeping Kids Safe*’: A living skills programme which provides children with a range of skills aimed at helping them to identify potentially unsafe situations and empowering them with strategies to respond appropriately and effectively to preserve their physical and emotional well-being. The programme also enhances problem-solving and communication skills and encourages openness between children and parents about issues that may be worrying them.

---

**Why have school based programmes?**

Research indicates that providing support and education to parents and children within a familiar environment (such as the school) produces benefits on a personal, familial and societal level.

In vulnerable communities, the need for approachable and holistic services is particularly paramount in reducing the prevalence of child abuse. (*Blakester, 2006*)

---

**Quote from child:**

“I found it difficult at first because I could not find anyone to listen and then I finally found someone. I found it hard to believe there was someone listening. Now I know there are people that listen”.

---

[Image of a child smiling with hands covered in paint]