**Example Pastoral Support Plan (PSP) targets**

| **Targets** | | |
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| **SMART target** | **Support and strategies to meet target** | **Review date** |
| 1) When I need to take 5 minutes out, I will use my exit card. | **School will help me by…**  Remind of the exit card when behaviours start to ‘bubble’  Praise for use of card  Seating plan to be amended so close to an exit  Teachers to remind to sit quietly, focus on breathing, and use a stress ball  **My family will help me by…**  Use this same approach at home.  **I will help myself by…**  Try my best to use the exit card.  Respond to school’s reminders to use it. |  |
| 2) When a member of staff asks me to do something, I will follow the instruction. | **School will help me by…**  Ensure instructions are worded positively and clearly. Explain why the instruction is being asked.  If reminders are needed, do these in private.  Praise for following instructions – communicate to home.  **My family will help me by…**  Praise for use at school (will be communicated via home-school book)  **I will help myself by…**  Ask if I do not understand the instruction.  If frustrated, take 5 minutes out then come back to staff member. |  |
| 3) When I am in lessons, I will use appropriate language.  I can use appropriate language depending on the situation. | **School will help me by…**  Teaching about use of appropriate language based on situation e.g. how you may speak differently to your family/peers/teacher, etc and why  Begin weekly catch ups which start to unpick why inappropriate language is being used  **My family will help me by…**  Reinforcing this at home  Passing on positive praise to school  **I will help myself by…**  Trying my best to use appropriate language based on where I am  Engaging with weekly catch ups to find alternative responses instead of using inappropriate language |  |
| 4) I can choose school appropriate ways to cope when angry or upset. | **School will help me by…**  Daily check ins to assess well being  Close communication with mum to check mood in morning  Provision of safe space (The Base)  Phone strategy to call mum if feeling overwhelmed  Risk Management Plan  **My family will help me by…**  Close communication with school to check mood in morning  **I will help myself by…**  Seek support from Miss G when feeling angry or annoyed.  Use safe space when needed |  |
| 5) I will attend school on time and attend first lessons. | **School will help me by…**  Personalised timetable including academic catch up and personalised provision each morning  Careers referral  Check in first thing and at break each day  Once a week peer mentoring programme  **My family will help me by…**  Continued communication with school  Ensure I am organised for school the night before  **I will help myself by…**  Be on time each day and attend all timetabled lessons  Ask for help if something has happened which will impact my attendance. |  |
| 6) I will attend my lessons or explain why I am struggling. | **School will help me by…**  Adapted timetable (withdrawal from Sports Studies and Health and Social Care) to attend Pathways and the Link for these sessions  Provision of key staff  Time-out provision (base safe space)  Risk Management Plan (see separate document)  **My family will help me by…**  Check in before and after school  Remind of strategies to use at school  **I will help myself by…**  Engage with adapted timetable  Seek support when needed |  |