

Pastoral Support

About Me:

My name is Nicola O'Brien and I am the Pastoral Leader at St Andrew's School. Currently, my husband is in the services, and I have two boys, 13 and 11, a very mischievous dog and 2 rabbits.

Fortunately, I have been very lucky to work with many children in my previous roles both in school and in the community to support their wellbeing and social and emotional needs. I am looking forward to working with your children and meeting you over the coming months.

How We Can Help:

- Expressing emotions
- Managing emotions including anxiety and anger
- Building confidence and self esteem
- Building positive friendships
- Children's general wellbeing
- Relationships at home
- Parent separation
- Coping with difficult situations
- If we can help you support your child in any way. Please get in touch

Drop in sessions

Each week I will be available to meet in the Sunshine room in school:

- To discuss any concerns about your child at school or at home
- For a listening ear and an open mind and ideas to share
- Simply to find out more about the support I can offer

Monday 7th March - 09.00 – 09.30

Tuesday 8th March - 09.00 – 9.30

Wednesday 9th March - 09.00 – 09.30

Thursday 10th March – 09.00-09.30

Then every Monday between 09.00 – 09.30.



Contact Details:

If you would like to make or contact me by phone.

Please email:

Pastoral@st-andrews.lincs.sch.uk

Phone : 01529302388

I am available in school between Monday – Thursday. However, I can also make appointments for Friday.