



Through the highs and lows Sophie Duberley and her boys have faced, St White's has been there to help the family at every step

**Sophie has Jayden Hopkins in Year 5 and Coby Hopkins in Year 4. Her two older boys attended St White's and have finished secondary school.**

### **Support like no other   Navigating together   Specialist resources**

Sophie shared that the boys recently suffered a family tragedy and St White's have been there to support her and her children. "The school have been amazing. Their support has been wonderful, from home visits to putting together strategies, to their teachers going on specialist bereavement courses - everyone has been incredible. I was worried that the unfamiliarity of having new teachers might be a struggle for the boys but it hasn't been a problem and they're doing well," says Sophie.

St White's are helping Sophie to navigate the way forward, especially as Coby needs additional support. "Coby needs support; he's under assessment for ADHD and school are being helpful navigating the process alongside him processing his grief. We're working towards a referral. School is relentless: they don't give up and there isn't ever a day that the boys don't want to go to school. I'm so grateful for St White's," says Sophie.

At St White's, specialist roles are in place so that the needs of the children can be fully supported. "I don't know anyone who has been through what we're going through but school have been there for us every step of the way. The Family Support Worker, Erica, is brilliant: she sees the boys every week and they love their sessions with her. Mrs Tilling has said her door is always open and just knowing they're there has been incredible," says Sophie.



## Enjoying school

Coby and Jayden are active, sport-loving boys and at St White's, they have plenty of opportunities to experience different sports both in and out of school. "Sport and break times are what the boys would say they love most about school. The boys are always going to sports tournaments and enjoying different sporting opportunities - it's always different children attending the events so everyone gets a chance to take part. School have joined "Beat the Streets" which is a national campaign to encourage children to walk to and from and around school. It's an App based activity and it's a great way to keep children and their parents active," says Sophie.

## Healthy rules and boundaries

Rules are often viewed as boring, but it is Mrs Tilling's approach that Sophie values and believes is what makes her boys feel settled at St White's. "I value Mrs Tilling as she has consistent rules and boundaries which the children view as being "strict" but her approach to routine, structure and good behaviour is fundamental to the school's success. The children don't realise the benefits but as a parent I have so much time and respect for her: she works so hard with her team and it shows with how much the children always want to go to school," says Sophie.

## Support for life at school

"St White's are incredible when it comes to supporting families. Putting my personal circumstances to one side, they prioritise putting families and their needs first. For example, with families who are eligible for free school meals the support doesn't stop there: it extends to helping those families with school trips and other financial pressures, not all schools do that. They are great: they think of everything. Every child gets a planner every year and in there it has everything you need to stay organised: passwords for the school apps and the times tables to help with homework. They just try and make life at school as easy for parents and as enjoyable for the kids as possible," says Sophie.

## Children say:

**Coby says:** "I really like my teacher."

**Jayden says:** "I love playing in the Mugga."



### St White's School

Sneyd Wood Road, Cinderford,  
Gloucestershire, GL14 3GD

**Tel:** 01594 822311

**Email:** [admin@st-whites.gloucs.sch.uk](mailto:admin@st-whites.gloucs.sch.uk)

**Website:** [www.st-whites.gloucs.sch.uk](http://www.st-whites.gloucs.sch.uk)