

# All About Jess



## Who am I?

My name is Jess and I am an Educational Psychologist. I will be coming to get to know you so I thought you might like to know a little about me!

I love animals especially monkeys and I have a pup called Dotty. I like being outdoors and I go canoeing when the sun is shining. I am pretty chilled and easy going and I have been told I'm good at listening.



## What do I do?

I help children and young people with how they think, feel and learn.

Finding out what you are good at, what you like, don't like and what is tricky for you is important, as I can then think with your adults in school and your family about ways to support you and hopefully make life feel a bit better.

I will share your views, how you are finding things and what you would like to see change or stay the same.

I work together with lots of different adults to help them think differently and find solutions.



## What's important to me?

It is important to me that I understand how it is for you and that you feel safe and comfortable enough to share with me what you want to.

Working together with everyone to think about ways forward is also important, as they know you best and what is possible.



## What to expect when you meet me?

It is totally up to you whether you want to spend time with me, but I hope you will.

Things we might do:

Chat about what's important to you and I will ask you some questions.

Play some games together or do some quizzes.

Do some drawing or activities.

I might spend some time in your classroom and chatting to adults.

I will write up our thinking and ideas to help you and I will share this with you.



## How best to contact me?

If you want to know more about me or what will happen when I visit you, your parent/carer or adult at school can email me at

[epsenquiries@swindon.gov.uk](mailto:epsenquiries@swindon.gov.uk)

