



Thrive at St Modwen's Catholic Primary School



At St Modwen's, we embrace and celebrate an approach called Thrive.

What is Thrive?

Thrive is an approach which used advances in neuroscience to help us to understand how we develop socially and emotionally from birth through to adulthood.

The Thrive Approach is a specific way of working with children that helps to develop their social and emotional wellbeing.

The Thrive Approach offers practical, effective tools and techniques that work closely alongside an online assessment and action planning tool, all of which is underpinned by a programme of training and mentoring support. Thrive provides targeted interventions to help support and enhance our pupils' emotional and social wellbeing.

Here at St Modwen's, we feel that by introducing and embracing the Thrive Approach, we are supporting with the development of happy, confident children who are more self-assured and therefore ready and open to learning.

Meet our licensed Thrive Practitioners at St Modwen's



Mrs. Tanya Elsigood
Inclusion Manager/
Thrive Lead



Miss. Amna Butt
Class Teacher

Our SLT Team

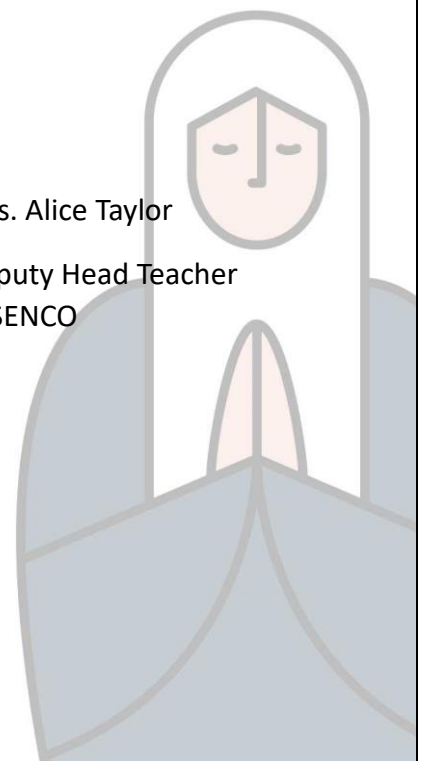


Mrs. Andrea Sherratt
Head Teacher



Mrs. Alice Taylor
Deputy Head Teacher
& SENCO

Our SLT members have a strategic overview of the Thrive approach with embedding the approach as whole school setting programme.



Our Thrive Room

Our Thrive room provides our children with a calm and safe space where they can take part in the Thrive interventions with one of our licensed Thrive practitioners. This space is accessible for anyone who is feeling dysregulated or is in need of a listening ear to support them with their mental wellbeing and emotional development.

Sensory Resources

Our Thrive room holds many different sensory resources for children to use to support them to self-regulate. Bubbles, lights, playdough, Lego, sand and other sensory equipment provide a peaceful and relaxing space for our children to retreat to when they feel their big emotions.



Mindful Monday Club

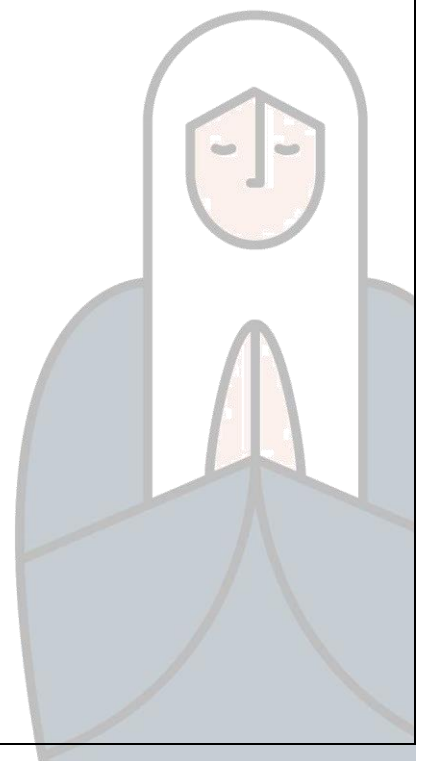


Mindful Monday is a Thrive lunchtime club ran by our Thrive practitioners. This is a club where children can visit as and when they feel they need to. The club provides children with a variety of different multi-sensory Thrive activities to help their emotional wellbeing.

This takes place in our Thrive room, every Monday 12:15pm – 1:15pm.

Self-Soothing Box

At St Modwen's, every classroom from Nursery to Year 6 have a Self-soothing box. Self-soothing refers to any behaviour an individual uses to regulate their emotional state by themselves. Self-soothing behaviours are repetitive and are often viewed as calming or comforting. The self-soothing boxes contain a variety of resources/equipment that can help children to relax and distract themselves when their emotions might overwhelm them.



How does the Thrive Approach benefit our children?

Each and every child is a special and unique person, constantly developing and learning in different ways and at different rates. The Thrive Approach can identify if our children have experienced any 'gaps' in their emotional development and gives us the tools needed to best support them. By doing this, Thrive enables us to make sure all of our pupils have the support they need to reach their full potential. Thrive helps our children become more self-assured, capable and adaptive when faced with challenge. It allows them to recognise their own emotions and teaches them how to self-regulate when they are feeling overwhelmed with them.

Thrive as a whole school approach

All class teachers use the Thrive online program which enables them to screen and create a class profile to support the whole class. The results are formed onto an action plan which help us to deliver our social and emotional curriculum using the targeted strategies and activities. This allows us to embed Thrive into every aspect of the school day.

What are the guiding principles of the Thrive Approach?

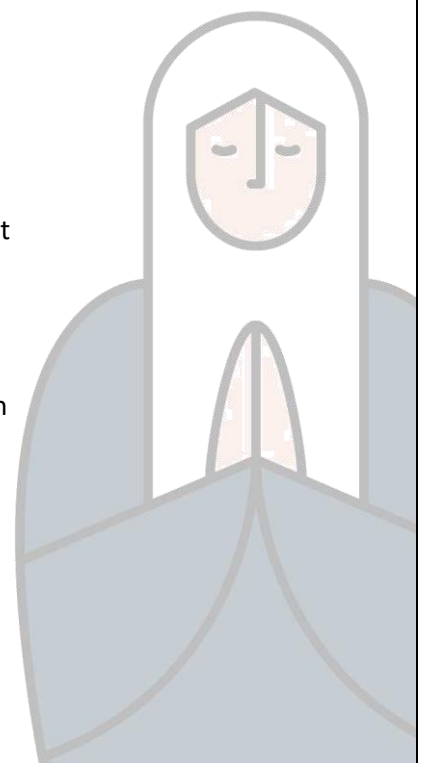
There are four guiding principles of the Thrive Approach:

- Each child is unique and hold their own abilities, talents and potential to be fulfilled.
- Children's healthy development, emotional well-being and learning are crucially dependent upon, and promoted through, positive relationships.
- Children flourish when they are confident, self-assured, capable and resilient.
- Children thrive in enabling environments, in which their individual development, learning experiences and needs are understood, responded to and supported through strong partnerships with parents/carers.

What kinds of behaviour does it help with?

The Thrive Approach helps children who are, temporarily or more permanently, restless, withdrawn or underachieving as well as those with attachment issues or challenging and disruptive behaviours. Schools that have introduced Thrive report improved attendance, reduced classroom disruption and better educational attainment. The children themselves say they feel better understood and they get more out of school.

Thrive recognises that behaviour is communication (even if that behaviour is seen as 'bad behaviour') and helps adults to identify the gaps in children's emotional development. Thrive provides the necessary information and skills to address those gaps. Many pupils require the experiences from their younger childhood to be re-visited to enable pathways in their brain to become established. This can be observed as a "reward" when it is actually "therapy" for that particular child.



Embracing Thrive: How can you support your child?



Five to Thrive

Enjoy these things every day to help your child's brain grow.

When you **RESPOND** to me, I look, I understand, I learn, my brain grows.

When you **CUDDLE** me, I feel safe, I learn about feelings and will learn to take care for others too.

When you **RELAX** with me, I learn to manage stress and how to calm myself down.

When you **PLAY** with me, I learn about the world and develop memories and understanding.

When you **TALK** to me, I learn to listen and develop my own language skills.

Positive relationships are at the heart of Thrive. There are some key ways to be in a relationship with a child that enables us to develop and strengthen these positive bonds, such as the VRF system.

Vital Relational Functions (VRF's), when provided within a significant relationship with an adult, provides a sound basis for a child's emotional and social development. By implementing the VRF system in your relationships, you can contribute to this vital development.

Thrive Vital Relational Functions (VRFs)

Attune

This is where you are alert to how they are feeling. You demonstrate that you understand the intensity, pitch, pace, volume or special experience of the child's emotional state.

Validate

This is where you are alert to the child's experience. This needs to happen before you move to help them regulate it. This is the beginning of being able to think about feelings.

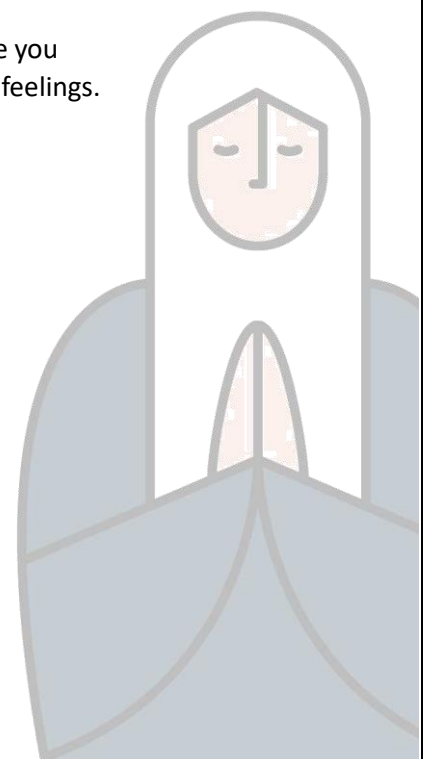
Contain

This is where you show that you can take their deep distress and raging anger. This builds trust for the child: in you, in adults and in the world.

Regulate

This is where you soothe and calm them. Model how to do this.

Thrive Practitioners are trained to use VRF's and are happy to demonstrate them and encourage any parents to use them too.



Whole School Impact of the Thrive Approach

Whole school screened (Class Based)

This takes place once a term.

October (once the class teacher has spent time with the class), March/April & July.

This highlights any pupils who are currently at “Rarely” for their developmental strand.

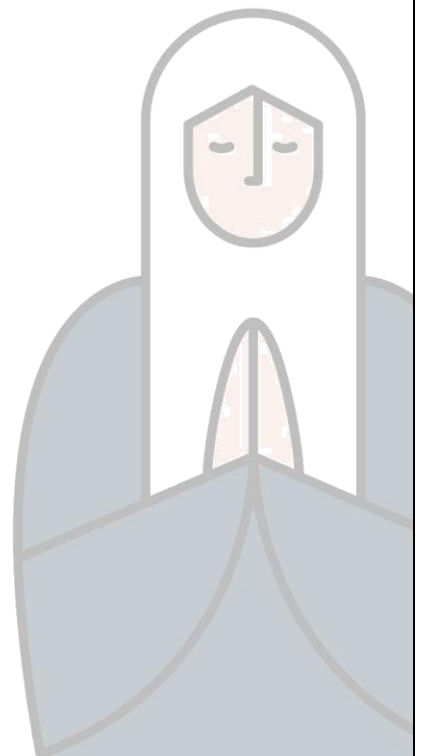
Class teachers then create an individual action plan for the class. This gives strategies to work on and suggested activities, which may also supplement the curriculum.

Pupils will then be screened either as part of a small group or individually. Parents may be part of the screening process. (Consent must be given).

An action plan is put into place and will identify chosen strategies and activities to work on during 1:1/small group sessions.

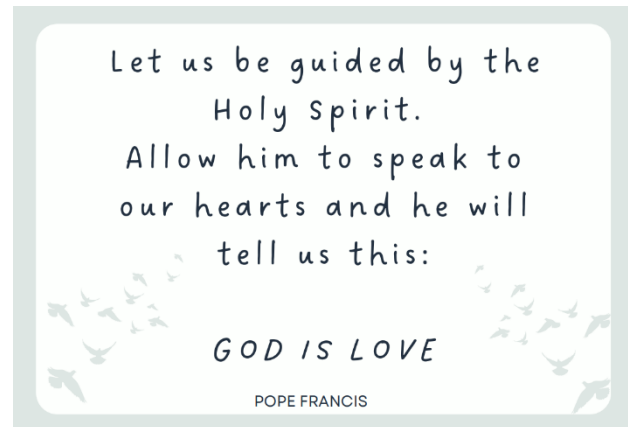
Pupils will be re-screened on a regular basis and the action plan will be updated.

These pupils will then begin to receive Wave 2 intervention.



Celebration

Once your child has completed their Thrive intervention program with one of our licensed practitioners, they will be awarded a certificate to celebrate their achievement. We acknowledge the progress made by the children and they are able to recognise their success.



Useful Links

The Thrive Approach website:

www.thriveapproach.com

Thrive online offer A FREE parent toolkit which provides a variety of strategies and activities to help with selfcare and much more.

For more information please visit:

www.thriveapproach.com/who-we-work-with/parents-carers/

Action for happiness:

www.actionforhappiness.org/

