

So who gets Thrive?

Everyone gets class Thrive activities (although they might not realise it) most art and sport activities are taught within the Thrive Approach and we want to use specific whole class Thrive PHSE across our curriculum. If your child needs regular out of class Thrive time, one-to-one or in a small group, you will be consulted and asked for your input into their assessment and action plan.

What makes Pensans School a Thrive school?

At Pensans School we don't consider Thrive to be an intervention for just a few children, we consider it to be a whole-school approach. We all believe that all behaviour is communication and that communication needs to be understood and supported - not "dealt" with. Thrive feeds into everything we do; celebration assemblies, getting to know everyone, sharing all achievements not just academic ones, celebrating diversity and our collective spirit.

If you want to know more about Thrive, please visit the Thrive Approach website

www.thethriveapproach.co.uk



PARENT GUIDE

The Thrive Approach



Thrive Approach at Pensans School

For everyone at Pensans School, our first priority is to care for every child in a secure, friendly environment enabling them to skip into school and leap into life!

As part of our caring role, we support children's emotional and social learning throughout their time at school. We do this during lesson times, break times and through activities such as sport and extra curricular activities. We also now want to use the Thrive Approach across the school.

What is the Thrive Approach?

Children cannot always put their needs into words but the way children behave can tell us a lot about how they are feeling. The Thrive Approach draws on the latest research from current neuroscience, recent attachment research, current studies of effective learning and current models of child development in order to help the school to understand the needs being signalled by the children's behaviour. It gives us targeted strategies and activities to help them re-engage with learning and life.



Why do we need Thrive?

Unfortunately, like all of us at some point in our lives, children may face challenges that knock them off course. What is needed then is understanding and support to get them back on track. Many children will respond to the care, understanding and support given by parents, family, friends, teachers and teaching assistants. However some children need a little bit extra.

What extra support can Pensans offer?

Children who need a little bit of extra help are identified through our whole class screening process, by class teachers or through communication with families or outside agencies. For some children there may be an obvious reason why they need a bit of extra support. This might be bereavement, family breakdown or an identified medical condition such as ADHD. For others, there can be no obvious trigger to why they are finding some aspects of school and/or home life difficult. Working closely with parents, class teachers and teaching assistants our Thrive practitioners Jo Atkinson, Moira Clough and Sarah Pocock will carry out full assessments to identify children's social, emotional and behavioural needs. This helps us to build a bespoke Thrive Action Plan of activities to support their needs.

What is a Thrive Action plan?

A Thrive Action Plan is a plan of activities tailored to support a child's identified social and emotional learning targets. The activities are on-to-one and small group relational, play and arts based activities designed to help the child feel better about him/herself, become more resilient and resourceful, form trusting, rewarding relationships, be compassionate and empathetic and be able to overcome difficulties and setbacks. Activities might include using sand, puppets, cooking, painting, model making, sewing, exploring difficult situations through role play, social stories or comic strip, playing strategic games or projects based on the children's own interest. Action plans are shared with parents/carers who are encouraged to do some of the activities at home as much as possible. They are reviewed regularly to see the progress the children have made.