

## TRAUMA INFORMED SCHOOLS.

We are very pleased to be able to let you know about some new resources we will be using in school as part of our continued focus on supporting the mental health and wellbeing of all our pupils.

Currently, we use a whole-school Thrive approach to supporting mental health and wellbeing in all our children. It has also enabled us to assess and create individual action plans for children who would benefit from some additional support and who were withdrawn or underachieving as well as those with attachment issues or challenging behaviours.

Now, the following group of organisations and charities are working together to help schools to provide even more effective strategy for improving mental health and wellbeing: Trauma Informed Schools UK, Headstart Kernow, Motional and One Vision.

This term, most of our academy staff accessed **Trauma Informed Schools (TIS)** training. In addition, a training session was offered to parents and carers this month on TIS.

Feedback indicated that parents and carers found this training useful in helping them to better understand the impact of earlier life experiences on children's emotional wellbeing.

TIS uses a similar approach to Thrive, but particularly focuses on gaining a better understanding about the factors that can have a negative effect on children's emotional wellbeing, and of ways of minimising their impact.

In addition, for some children, if parents give their consent, we will be able to access an online mental health and wellbeing assessment tool: **Motional**.

This assessment tool draws on over 500 evidence-based, cutting-edge research studies in brain science and psychology. Following an individual assessment, Motional can suggest practical activities that will help support emotional development and promote mental wellbeing. If it is felt that your child could benefit from an assessment from Motional, we will send home a letter giving more detailed information together with a consent form. Please contact your child's teacher if you have any queries. Thank you.

For more information about Trauma Informed Schools, go to the **Trauma Informed Schools website** (currently being updated) at: <http://www.traumainformedschools.co.uk/>

For more information about **Motional** please go to: <https://motional.io>.

Alternatively, please contact Mrs Palmer on 01736 753135