



What is the Thrive Approach and how do we use the Thrive Approach at St Andrew's?

Thrive is a specific way of working with all children that helps to develop their social and emotional wellbeing, enabling them to engage with life and learning. It supports them to become more self-assured, capable and adaptable. It can also address any concerning behaviours providing a firm foundation for improving emotional wellbeing and academic attainment. Positive relationships are at the heart of Thrive.

The Thrive Approach applies the latest research in neuroscience, attachment, creativity, play and child development. Thrive teaches the understanding of children's behaviours as communication. Our sense of well-being relies on us being safe, feeling special and having our needs met. These are the foundation of a good internal "stress management system," meaning that we can be resilient and can calm down quickly after experiencing powerful emotions. Thrive Practitioners are specially trained to help children express their feelings safely through arts and play, to recognise a range of emotions, to develop a good stress management system, to support positive behaviours and cope with life's challenges.

We use the Thrive Approach across every class at St Andrew's to support the children as they learn to think about their emotions, choices and friendships so that they are able to develop into confident, happy young people who enjoy learning and respect each other and themselves.

Every class is assessed by their teacher three times a year with the support of a Thrive Practitioner. This enables them to embed the Thrive Approach throughout the curriculum through whole class teaching and curriculum-based strategies. The screening tool also identifies children who are working below the age appropriate Thrive levels and more focused small group and 1:1 support can then be put in place. In the same way we offer additional support for children who are finding English or Maths challenging, we support children who need more targeted social and emotional support. Wherever possible the Thrive Practitioner will work alongside parents/carers and teachers to assess individual children and to create action plans for both home and school.

Mrs Jayne (Headteacher) and Mrs Buckley (SENCo) are licensed Thrive Practitioners and Mrs Lisa is currently training as a Thrive Practitioner. All members of staff have regular Thrive training and Teaching Assistants have also received additional training to support individual children and small groups. We work closely with Brighter Futures accessing additional specialist advice where needed. The Thrive Approach is embedded throughout our Behaviour for Learning Policy.

You can read more about the Thrive Approach here:

www.thriveapproach.co.uk

You can also read the parents' leaflet on Thrive [here](#). If you think your child might benefit or are interested in finding out more about the Thrive Approach, please contact Mrs Buckley via the School Office.

Our dedicated Thrive Room

