



# Thrive at Hagley Primary School



At Hagley Primary School we embrace and celebrate an approach called Thrive.



## What is Thrive?

Thrive is an approach which uses 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 Hagley, we feel that by embedding 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 Hagley Primary School



Mrs. Kerry Baggott  
Lead Teaching Assistant for Social, &  
Emotional and Mental Health



Mrs. Stacey Smith  
SEN Teaching Assistant

## Our SLT Thrive Team



Mrs. Payne  
Head teacher



Mrs. Davis  
Assistant Head  
& SENCO

Both Mrs Payne and Mrs Davis have completed their Thrive senior training. This training gives SLT members a strategic overview of the Thrive approach and support with embedding the approach as whole school setting program.

## Our Thrive room

Our Thrive room provides our children with a calm, relaxing, safe haven where they can enjoy their tailor-made Thrive interventions with one of our registered Thrive practitioners. This is also where our daily 'Drop in' sessions take place each break time. These sessions are open to all children who feel in need of a listening ear to support them with their mental wellbeing through the school day.



## Our Sensory room

The Sensory room is always open and used throughout the day as a calm area if children need support to self-regulate. Bubbles, lights and other multi-sensory equipment provide a peaceful space for our children to retreat to when they feel their big emotions.



## The Thrive Lunchtime Club



The Thrive Lunchtime Club (TLC) is an optional club which we encourage our children to visit as and when they feel they need to. TLC provides the children with an array of different multi-sensory Thrive and mindfulness activities.

## How does the Thrive Approach benefit our children?

Each and every child is a 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 give us the tools needed to best support them. Through doing so, 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 challenges.

## Thrive as a whole school approach

All class teachers use the Thrive online program which enables them to screen and support their whole class. The results help to deliver our social and emotional curriculum using suggested strategies and activities, allowing us to embed Thrive into each and every aspect of the school day.



## 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 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 enable 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, provide a sound basis for a child's emotional and social and development. By implementing the VRF system in your relationships you can contribute to this vital development.

## Thrive Vital Relational Functions (VRFs)

### Attune

Be alert to their feeling, attune to their emotional state.



### Validate

Validate their feelings / experience / perspective.



### Contain

Demonstrate you can catch their feelings and help digest them.



### Regulate

Soothe and calm them. Model how to do this.





## 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.

Class Teachers then create an individual action plan for class. This gives strategies to work on and suggested activities, which may also supplement the curriculum. Whole class Thrive takes place once per week.

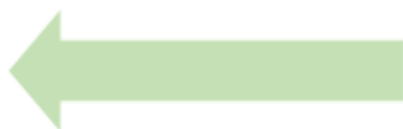
This highlights any pupils who are currently at "Rarely" for their developmental strand.

Pupils will then be screened either as part of a small group or individually. Parents may be part of the screening process. (Parental consent must be given if pupils are to be screened individually)

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

These pupils will then begin to receive Wave 2 Intervention.

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





## Family Thrive

We are extremely delighted to announce that Mrs Baggott, our Lead Teaching Assistant for Social, & Emotional and Mental Health, has successfully completed her 'Course Lead for Family Thrive' qualification.

The Family Thrive programmes designed to be run in schools using the Thrive Approach to help parents and carers understand how the Approach makes a positive difference to the wellbeing of your children – and therefore the whole family, including you!



Family Thrive at Hagley Primary school will further support us to share the key principles of the Thrive Approach with parents and carers, extending the impact of Thrive beyond our school gates.

To find out more, please contact our school office - [office@hagleyprimary.worcs.sch.uk](mailto:office@hagleyprimary.worcs.sch.uk)

## Family Thrive for Parents and Carers

A six-week course to introduce you to the fundamentals of Thrive and how it works in practice

Come on this course to find out about:

- the Thrive Approach
- how our brains develop
- how your right brain talks to your left brain!
- why play and creativity are so important to you and your child
- how to support your child at times of change and difficulty
- everyday trigger times and how to keep calm
- how to be a behaviour detective.



## Thrive Forest school

Each Friday we have Thrive Forest school! Here we provide our children with the opportunity to develop their social and emotions skills through an array of exciting outdoor sensory activities.



## Thrive time with Lulu the Dog



Each Wednesday afternoon Lulu the Dog comes to visit our Thrive room. This is such a wonderful opportunity for our children to access the benefit of all those feel-good chemicals that are scientifically proven to be released during pet therapy.

Lulu loves to see our children each week, she enjoys listening to their stories, attuning to their thought and feelings but we think she loves her cuddles and treats the most!

## Useful links

Assess and Inclusion at Hagley Primary School -[www.hagleyprimary.org.uk/Access-and-Inclusion](http://www.hagleyprimary.org.uk/Access-and-Inclusion)

The Thrive Approach website –

[www.thriveapproach.com](http://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/](http://www.thriveapproach.com/who-we-work-with/parents-carers/)

Action for happiness –

[www.actionforhappiness.org/](http://www.actionforhappiness.org/)





## Contact Us

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