

Through the use of the Thrive Approach, children are supported to acquire the understanding, skills and personal relationships required to develop, and sustain, healthy social and emotional wellbeing. We believe this is paramount in giving children the best chance of positive outcomes throughout their primary school career and beyond. Enabling them to reach their goals to shine.



The Thrive Approach has evolved over the last 25 years, providing those who work with children and young people with the knowledge, skills and tools to optimise social and emotional development. Thrive is committed to supporting and encouraging the development of confident, curious, creative and capable children and young people who are open to learning and better equipped to deal with life's ups and downs.

For more information visit:
Thriveapproach.com



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The Thrive Approach at Kingsholm C of E Primary School & Nursery

Our first priority at Kingsholm C of E Primary school, is to care for every child in a safe, friendly environment

We are embracing the Thrive approach to support all children's emotional and social learning throughout their school day. We do this during lesson times, break times, in one to one or group sessions. Thrive will enable the children to grow in confidence as we encourage and teach them to face new challenges, become more independent and believe in their own abilities.



Building positive relationships

The connections children and young people have with the adults around them is key. Repetition of positive experiences developed through Thrive activities supports their development, helping them to:

- ◇ Feel good about themselves and know that they matter.
- ◇ Increase their sense of security and trust.
- ◇ Increase their emotional wellbeing.
- ◇ Improve their capacity to be creative and curious.
- ◇ Increase their self-esteem and confidence to learn.
- ◇ Learn to recognise and regulate their feelings.
- ◇ Learn to think before behaving in a certain way.

Why might my child attend a Thrive session?

Many children experience difficulties during their time at school. These may include:

- ◇ Difficulties with friendships.
- ◇ Getting into trouble at playtime.
- ◇ Finding it hard to settle in the classroom.
- ◇ Finding it difficult to manage their strong feelings.
- ◇ Not knowing who to turn to when feelings are too big to manage on their own.

How will my child be involved in Thrive?

We use a screening and monitoring tool called Thrive-Online® which identifies the developmental needs of individuals or groups. This formulates and creates action plans to meet these needs so that children and young people can move forward and fulfil their potential. Thrive-Online will be led by your school practitioners who will:

- ◇ Profile whole groups as well as individual pupils identified as having additional needs.
- ◇ Create an action-plan at a group or individual level, with a range of strategies and age-appropriate activities to build into teaching to support social and emotional development.

What will happen in a Thrive session?

The session may be on an individual basis or as part of a small group of children. During each session there will be an activity which may include:

- ◇ Story telling
- ◇ Circle games
- ◇ Arts and crafts
- ◇ Sand play
- ◇ Movement and relaxation
- ◇ Sensory play
- ◇ Care and kindness activities.