

Thrive at Oasis Academy Blakenhale

At Oasis Academy Blakenhale, we place huge value on the support and development of our pupil's wellbeing. We know that happy children make the best learners, and we know that children who feel secure, valued, and supported reflect this in their attitudes to learning.

In our ambition to develop an inclusive school, where every child is valued and supported as an individual, we have outlined our aims:

Aim High: To learn the importance of emotional wellbeing, developing and valuing their own identity and building confident and aspirational individuals.

Achieve Excellence: To grow in a stimulating and nurturing environment that encourages them to take risks and challenge themselves, building confidence and resilience and providing a firm foundation for academic achievement.

Together – To form positive relationships which support them through success and challenges, building skills that will support them through education and beyond.

At Oasis Academy Blakenhale we have a strong commitment to caring for all children in a secure and nurturing environment, ensuring a love for school and learning that will help them to realise their full potential.

We have embedded the Thrive Approach throughout our school to affirm our commitment to the emotional and social development of our children.

What is the Thrive Approach?

THRIVE supports children with their emotional health, well-being and social skills, all of which are needed to enable learning to take place. 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 us to understand the needs being signalled by children's behaviour. Working with parents and class teachers, our THRIVE practitioners carries out assessments of identified children's social, emotional and behavioural needs which help us to build an Action Plan of targeted strategies and activities to help children re-engage with learning and life.

The THRIVE approach is based on growing evidence that the brain develops through personal and social interaction. The relationships that we have with significant adults is fundamental to who we grow up to be. Our brain is built through trillions of brain-cell connections made by sight, sound, smell, touch and movement. Positive experiences enhance brain connections, and sustained negative experiences can restrict them. Through simple, repeated activities over time, within a safe and caring

environment, THRIVE aims to compensate for interruptions in emotional development, when they affect a child's ability to enjoy life and learn.

A THRIVE assessment helps us to identify emotional developmental needs as early as possible, in order to support and meet those needs on an individual basis. As well as offering new ways of dealing with challenging behaviour, THRIVE also offers both teaching staff and parents useful approaches to working with and helping any child who is experiencing emotional upheaval, whether short or long term. This is not a quick-fix; it takes time and commitment to see results. However, from research it is clear that early intervention to support children's needs is the most effective approach to preventing issues becoming more problematic in later life.

A THRIVE Action Plan is a plan of activities tailored to support a child's identified social and emotional learning targets. The activities are one-to-one and small group play and arts-based activities designed to help the child feel better about themselves; become more resilient and resourceful; form trusting, rewarding relationships; be compassionate and empathetic; and/or be able to overcome difficulties and setbacks.

Activities might include playing in the sand, cooking, painting, model making, exploring difficult situations through role-play or comic strips, playing strategy games or projects focusing on the child's own interests. Action Plans are shared with parents who are encouraged to do some of the activities at home with their child. Action Plans are reviewed regularly to monitor the progress children have made.

By using the Thrive Approach we can provide support for children in a way that closely matches their needs by using targeted strategies and activities to help them re-engage with learning and life. In the same way we offer additional support for children who are finding literacy or maths challenging, the Thrive Practitioners support children who need more targeted interventions when something has knocked them off track emotionally or to improve their behaviour. Wherever possible the Practitioner will work alongside parents and teachers to assess individual children and create action plans for both home and school.

What happens in a Thrive session?

Depending on a child's needs the Thrive sessions may be group or individual sessions. The majority of our work is based on learning through play, art and role play and so many including play dough, games, lego, drawing and painting and puppets.

How will I know if my child needs Thrive?

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

- Friendship problems/ difficulties making friends
- Getting into trouble in the playground
- Finding it hard to manage big feelings
- Anxieties about leaving their parent or care giver
- Worries about tests or moving to secondary school

When faced with these situations, some children can find it difficult to express their feelings or seek appropriate help. Support from Thrive can help them to understand and verbalise these feelings to help them to manage them in a more positive way by giving them strategies and building confidence.

At Oasis Academy Blakenhale, we are committed to a close working relationship with all of our parents. If we feel that your child may require support from the Thrive Team, we will contact you to discuss their needs. You will always be asked for consent prior to any support being put in place, and our practitioners are happy to share action plans and feedback with you.

We know that children need to feel safe and happy at school in order to make progress in their lessons and to fulfil their potential. At Oasis Academy Blakenhale, we use the Thrive Approach across the whole school to support the children as they learn to think about their emotions, choices and friendships so that they are able to develop into confident, skilful young people who enjoy learning and respect each other.

Every class is assessed by their teachers three times a year, this enables them to plan P.S.H.E lessons and circle time provision personalised for the needs of their pupils. We also have highly skilled and experienced members of staff who have trained to become licensed Thrive Practitioners. In the same way we offer additional support for children who need more targeted intervention when something has knocked them off track emotionally or to improve their behaviour. Wherever possible the Practitioners will work alongside parents and teachers to assess individual children and create action plans for both home and school.

The Thrive approach applies the latest research about neuroscience, attachment, creativity, play and child development. Our sense of well-being relies on us being safe, feeling special and having our needs met. These things are the foundation of a good internal "stress management"

If you would like any more information about Thrive at Oasis Academy Blakenhale please contact the Pastoral Team via the school office or visit their website: www.thethriveapproach.co.uk