

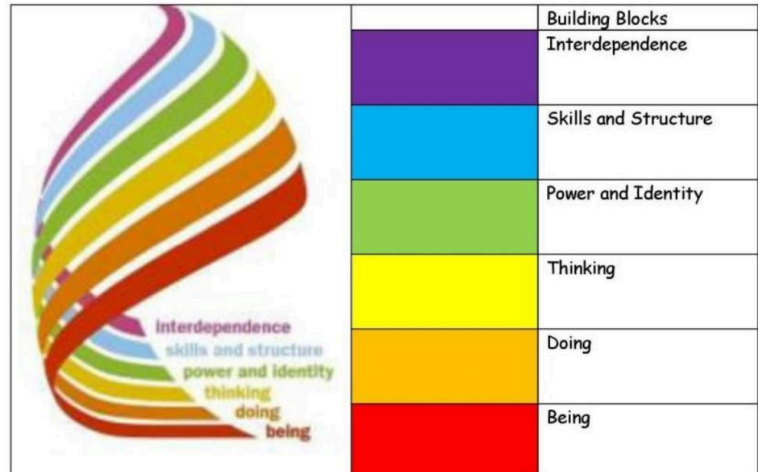
# Pupil Mental Health and Well-Being

## The Thrive Developmental Strands

Feelings are closely linked to behaviour, and emotions are key to the learning process. We can teach children to recognise and notice their sensations, and then link these to their emotions and their thoughts.

## What is the Thrive approach model?

The Thrive Approach uses this model to focus on how to support healthy social, emotional, and cognitive development as the young person grows. The model also provides a lens through which to look at and interpret behaviour and determine how best to respond.



## What is the Thrive method?

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.

## What happens in a Thrive session?

The Thrive sessions are to help children learn to manage their feelings and teach them strategies that will help promote their learning at school. Sessions may be on an individual basis or as part of a small group of children and will usually take place in our Thrive room.

## Who is Notton's Thrive Practitioner?

Emma Kelleher is our Thrive Practitioner. Emma works with many of our young people using the Thrive approach, in the Thrive Hub, pictured here (left).

## How is Thrive Measured?

Each pupil's mental health and well-being is measured using the Thrive strands of Being, Doing, Thinking, Power and Identity, Skills and Structure, and Interdependence. (Pictured above). They are then re-assessed at points during the year, to identify new targets to work on along supported by their key adults.

## How is Thrive Reported?

Each pupil has their previous strand of Thrive and percentage progress included in their report, alongside their current strand and percentage. This makes it easy to see how they are progressing through the Thrive strands.