



Well-Being

through



at Sacred Heart Catholic Primary

School is a very special time in all children's lives.

Children come to school to learn and those with a strong sense of well-being, are more able to make the most of the opportunities available to them.

What Is Thrive?

“The Thrive Approach believes that every child need to feel that they belong, that they matter and that they are valued for their unique qualities.”

Like all of us at some point in our lives, children may face challenges that knock them off course. What is needed then is understanding and support to get them back on track.

The Thrive approach can be used with all ages of children from birth to 17 years. It teaches:

- *What their behaviour means*
- *New ways of responding*
- *Ways to reshape their stress management systems*
- *How to improve their emotional resilience*
- *Increased emotional literacy*
- *Greater ability to engage with life and learning*



“Thrive gave my son a voice and a positive experience to share his emotions. The support given has been a unique experience encompassing warmth and understanding and has extended in supporting myself when challenged. Thrive has not only complemented our son’s journey through school but has also complemented our home life.”

How will it work at Sacred Heart?

We want our children to develop into capable, competent, creative, caring adults who are concerned for themselves, others and the world at large. We want them to relish beauty, to cherish diversity and to embrace collaboration rather than conflict.

The Thrive approach is a way of assessing and supporting children’s emotional and social development. These assessments can then be used to provide personalised programmes for classes, groups and individuals.

Every child will be supported through the school wide Thrive approach. Initial assessment will enable class teachers to identify particular strands to work on, such as how to have different opinions without falling out or how to recognise when some one is unhappy or upset.

“Pausing a moment between an impulse and an action is a life tool. Developing this strength helps a child physiologically and emotionally. But it’s a strength that must be learned – we are not born with it.”

Dr. Bruce Perry

Children who need more support will meet regularly with a Thrive practitioner, in small groups or one-to-one to focus on their learning needs.

With the support of Thrive, we will work with parents to help children and young people to:

- *Feel good about themselves*
- *Know they matter*
- *Become more resilient and resourceful*
- *Have a positive place in society*
- *Form trusting, rewarding relationships*
- *Be creative*
- *Be thoughtful and self-aware*
- *Be compassionate and empathetic*
- *Be able to overcome difficulties and setbacks*
- *Have an increased emotional capacity for learning*