



Embracing Thrive: a parent's guide

The Thrive Approach has been developed over many years helping children to flourish. It supports their emotional and social development and helps them to feel happy and secure, able to enjoy friendships, relate well to others and to be ready and able to learn.

What does the Thrive Approach mean?

Thrive is a specific way of working with all children it helps to develop their social and emotional well-being, enabling them to engage with life and learning.

At Rosecroft Primary School we have 3 members of our Thrive Team.



Lydia Aldred- Charlotte Burgess- Sarah Cowee-Smith

The Thrive team support all children at Rosecroft Primary in becoming more self-assured, capable and adaptable.

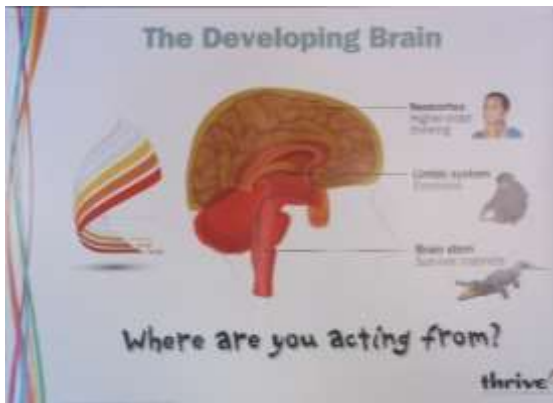
It may help address any troubling behaviours providing a firm foundation for all children to access their learning.

The heart of the Thrive ethos at Rosecroft Primary is to promote positive relationships. We use these positive relationships together with play and creative activities. These experiences and the time to talk, support the different stages of a child's development. Repeating these activities will help to embed key experiences, enabling them to:

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

How does it work?

It is appropriate for all children from birth to adulthood. The Thrive Approach draws on the latest research into brain science, Child Development Theory and Attachment Theory. The Thrive team at Rosecroft Primary have had training to support understanding about how babies' and children's brains develop, and how parents, teachers and other professionals can best support this development.



Thrive also helps us to better understand the children's needs being signalled by their behaviour.

Behaviour is a form of communication for many children. Some children may struggle as a result of temporary setbacks, or other longer term changes in their lives such as a separation, a bereavement, a family illness or accident, or even the arrival of a new baby.

How will my child be involved in Thrive?

Due to COVID-19 Rosecroft Primary has adapted their Thrive approach. Each class has a whole class action plan developed by a member of the thrive team which is delivered by class teachers. Each class also have their own individual worry box so that any worries can be addressed in class.

Where children show a greater need, individual approaches will be developed.



Sea Horse Room (Thrive base)

The Thrive team use a screening tool and activity planning resource called Thrive-Online. This enables them to check that children are working appropriately for their age and to support each class with activities that ensure they are emotionally and socially supported. Using the Thrive-Online tool will also identify any children in need of extra help.

If you have any more questions or need support please do not hesitate to contact the Thrive team via the school office.