



September 2023

Headteacher - Patrick Earnshaw

Deputy Headteacher - Mathew Downs

Dear Parent

At Highcliffe School we recognise the importance of being able to offer students support with social and emotional issues and the difficulties that young people have managing their well-being. As the schools Emotional Literacy Support Assistant (ELSA) I am fully trained to support and help students with difficulties which may include behaviour, anxiety, anger, self-esteem, social communication and interaction.

Part of the work also includes running group sessions to help students with their social communication, interaction with others, confidence and self-esteem.

As part of our next Confidence and self-esteem session your child has been given the opportunity to engage with this intervention through 'The Thrive Project' along with other students in this year group.

The support would be for one hour a week, in a group session, for a seven-week period beginning **Monday 2<sup>nd</sup> October 2023** and would be held during curriculum time. We try to ensure the minimal disruption to personal timetables.

I enclose a leaflet giving details of ELSA work along with a leaflet explaining the work of the Thrive Project including a letter with consent form. I would also ask you to return the permission forms enclosed.

Please contact me if you require any further information, or if you think there is anything it would be helpful for us to know, before the sessions begin.

Yours sincerely

Mrs Browning  
E.L.S.A.  
Emotional Literacy Support Assistant

September 2023

Dear Parents/Carers,

The Thrive Initiative's aim is to have every young person aged 11-14 who attends develop and maintain good physical and mental health, providing a firm foundation with which to achieve a successful and happy future. Thrive is part of The Shine Project charity.

I am writing to tell you that your child has been given the opportunity to attend our free 7-week Thrive course, running in partnership with **Highcliffe School**, every **Monday at 10am starting Monday 2<sup>nd</sup> October 2023**. A Thrive member of staff and volunteer will be running each session; both have DBS clearance to work with children.

### The Thrive Course

Through the provision of a 7-week course, Thrive provides young people the opportunity to explore subjects closely related to their physical and mental health, in small groups of up to 12 people.

The course covers areas in building self-acceptance and identifying and celebrating healthy masculinity, understanding mental health, gaming and social media usage, grooming online and in person for the purpose of both CSE and county lines, healthy relationships, positive communication, respect for self and others, managing strong emotions, bullying, addiction, healthy eating, the benefits of exercise, identifying personal core values and aspirations. Each session is between 1 to 1 and 1/2 hours and includes practical activities helping to build friendships, embed the knowledge build healthy coping mechanisms and developing emotional resilience. At the end of the course, we take the students out for a meal or activity to celebrate completing the course and encourage the development of new friendships – all of which is free.

### The Outcomes

The Shine Project charity has been running for 16 years and delivering the Thrive Initiative for 2 years. We can evidence that students who attend Thrive:

- Build self-awareness.
- Improve their knowledge and implement healthy habits around food and exercise.
- Recognise their core values.
- Build new friendships and reduce loneliness.
- Improve communication skills and relationship management.
- Develop a tool kit to build their emotional resilience.
- Increase confidence and happiness.
- Grow a positive outlook for their future.

### Student Questionnaires

The Thrive students will be asked to complete a questionnaire 3 times over the 7-week programme, these will either be emailed or completed in session. With both of your permission, this data will be used to help map your young person's journey and create an action plan for their further development post Thrive.

Please feel free to contact me if you would like any more information. I look forward to hearing from you shortly.

Kind Regards,



Anne Clarkson, Operations Manager

|   |  |
|---|--|
| <b>Full name of young person</b>  |  |
| <b>Date of birth</b>  |  |
| <b>Address</b>  |  |
| <b>Details of any regular medication / medical problem (e.g. asthma, diabetes, dietary needs etc.) or disability:</b> |  |
| <b>Please state any known allergies your child has including cosmetic products:</b>                                   |  |

**\*\*Please answer the following questions with a Yes or No in the box provided\*\***

|   |  |
|---|--|
| I am happy for my child to apply shaving products:  |  |
| I give permission for photos to be taken of my child within Thrive. I understand these photos will be used to raise publicity, and for other features which the management team consider appropriate: |  |
| In an emergency and / or if I am not contactable, I am willing for my child to receive necessary hospital or dental treatment including anesthetic:   |  |

By returning this completed form by email or as a hard copy I understand I am giving my permission for the above child to take part in the activities in Thrive and that the results from the wellbeing questionnaire will be shared with the school to support any further development post Thrive. I understand that while involved my child will be under the control and care of the group leader and / or other adults approved by Thrive and that, whilst the leaders in charge of the group will take all reasonable care of the children, they cannot necessarily be responsible for any loss, damage or injury suffered by my child during, or as a result of, the activities. I understand that my child will be expected to participate fully in all activities.

#### Privacy Notice

At The Thrive Project we respect the privacy of those using our services. The personal information that we collect about you and your child is used only to safeguard, maintain our service to your child, communicate with you effectively and measure outcomes. Please refer to our GDPR policy for further information <http://shineproject.org.uk/gdpr-policy>

|  |  |
|--|--|
| <b>Name of parent / guardian (please print and sign)</b> |  |
| <b>Date</b>  |  |
| <b>Parent Contact Number</b>                             |  |
| <b>Parent Email Address</b>                              |  |



## Student Consent

Thrive is a wellbeing course that we are offering to 12 young people in your school this term. The Thrive Initiative provides you with the opportunity to explore subjects closely related to your physical and mental health. The course covers areas in self-acceptance, understanding mental health, gaming and social media usage, healthy relationships, positive communication, respect, managing strong emotions, bullying, healthy eating, the benefits of exercise and identifying skills, talents, and aspirations. Each session is between 1 to 1 and 1/2 hours and includes practical activities ranging from team building activities, self-care, role play, arts and crafts, mindfulness and exercise classes and finishes with a meal out at a local restaurant. During the course we ask you complete a questionnaire 3 times and using this information The Shine Project will map your wellbeing journey throughout the 8 weeks. This information will then be passed on to your school/organisation to help you moving forward.

If you have been offered one of the limited places – please return this form to a member of the Thrive team in the first session, which gives your consent and commitment to participate in Thrive and for the questionnaire information to be shared with your school/organisation. If you have any further questions, please ask a member of the Thrive Team during the first session.

Full Name of Young person .....

I agree to attend the 7 week Thrive course and to participate to the best of my abilities in the activities and discussion. I agree to be respectful towards the leaders and other members of the Thrive group at all times.

Signed .....

Date .....

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