

Trauma Informed Schools

At Roche School we believe that children have a right to a safe, happy, varied and challenging learning experience. Every individual child matters and all children have abilities and potential which must be realised.

In order to maintain this ethos, the staff work together to support children's wellbeing and emotional and social learning, we maintain this attitude during lesson times, break times and in all activities that take place throughout the day to make sure our children feel secure in school.

Roche School is a Trauma Informed School (TIS), which means we have mechanisms in place to support children who suffer with trauma or mental health problems, or whose behaviours act as a barrier to learning.

What is the TIS Approach?

Not all children can put their needs into words every time they experience a different emotion, but the way children behave can tell us a lot about how they are feeling. The TIS 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 our school to understand the needs being signalled by children's behaviour. It gives us targeted strategies and activities to help them re-engage with learning and life.

Why do some children need TIS?

Unfortunately, (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. Many children will respond to the care, understanding and support given by parents, family, friends and teachers. However, some children need a little bit extra to enable them to:

- Feel good about themselves
- Know that they matter
- Become more resilient and resourceful
- Have a positive place in society

- Form trusting, rewarding relationships
- Be creative
- Be compassionate and empathetic
- Be thoughtful and self-aware
- Be productive
- Be able to overcome difficulties and setbacks

What extra support can Roche School offer?

Children who need a little bit of extra help are identified through a variety of ways including by class teachers, or through communication with families or outside agencies. For some children there may be an obvious reason why they need a bit of extra support. This might be bereavement, family break down or an identified medical condition such as ADHD. For others, there can be no obvious trigger to why they are finding some aspects of school and/or home life difficult. Working closely with parents we carry out full assessments of identified children's social, emotional and mental health needs. This helps us to build a bespoke TIS plan of activities to support their needs.

What does TIS involve?

Once a child's need for TIS is identified, a plan of activities tailored to support their social and emotional learning targets is developed. The activities are carried out one-to-one and/or in small groups. They are play and arts-based activities specifically chosen to meet the developmental needs of the children. They are designed to help the child feel better about him/herself; 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 tray, 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 – all dependent on the needs of the individual child. We will always share these plans with parents and encourage you to do some

of the activities at home, if possible. The plans are reviewed regularly so that we can see the progress children have made.

So, who gets TIS?

We emphasise to everyone that TIS is just like any other learning intervention. If children struggle with reading, writing or maths, we give them extra support, and it's the same with social and emotional learning; if they are struggling, they get extra support.

Everyone gets class TIS activities (although they might not realise it); to help develop their emotional and mental wellbeing. But if your child needs regular out of class time, one-to-one or in a small group, you will be consulted and asked for your input into this.

At Roche, we don't consider TIS to be an intervention carried out in the TIS Room for just a few children, we consider it to be a whole-school approach. We believe that all behaviour is communication and that communication needs to be understood and supported – not “dealt” with. TIS feeds into everything we do; celebration assemblies, getting to know everyone and their families, sharing all achievements – not just academic ones, celebrating our diversity and promoting wellbeing through our curriculum.

For more information on The TIS Approach, visit their website www.traumainformedschools.co.uk

Our current TIS trained Practitioner within Roche School is Mrs Helen Carlin. If you have any questions, please do not hesitate to call and talk to us.