



PERSONAL DEVELOPMENT

NEWSLETTER

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WELCOME TO OUR NEW COMBINED NEWSLETTER ON PERSONAL DEVELOPMENT AT BRENTFORD SCHOOL FOR GIRLS. INSIDE YOU WILL SEE NEWS, ADVICE AND SUCCESS STORIES FROM ALL OF OUR AREAS LINKED TO DEVELOPING YOUR DAUGHTER BEYOND EXCELLING IN ACADEMIC PERFORMANCE AND DEVELOPING THEM INTO THE "BRENTFORD GIRL OF THE FUTURE" IN LINE WITH OUR VISION.

INCLUDED IN THIS FIRST EDITION WE HAVE INFORMATION AROUND WHAT IS BEING TAUGHT IN PSICHE (NAMED BLOSSOM) IN THE COMING TERM, WHAT IS HAPPENING IN THE CAREERS DEPARTMENT AFTER CELEBRATING THE ACHIEVEMENT OF OBTAINING THE CAREER'S MARK, WHAT THE DIVERSITY GROUP FOCUS IS AT THIS TIME AND THE NEW EXTRA-CURRICULAR CLUB TIMETABLE AND FEATURED CLUBS.

WE HOPE YOU ENJOY THE PUBLICATION AND IT GIVES YOU A VALUABLE INSIGHT INTO THE WIDER WORK GOING ON IN THE SCHOOL TO DEVELOP YOUR DAUGHTERS TO FULFIL THEIR FULL POTENTIAL



DIVERSITY

2

DIGEST

MESSAGE FROM MS. AGNIHOTRI DIVERSITY & INCLUSION LEAD

We are very proud to be covering Diversity and Inclusion related updates in the collaborative Personal Development half termly newsletter. Each week, a group of students meet as part of our Diversity Club; a club made up of students committed to raising awareness about important social and humanitarian issues.

Our aim is to embed the education of the nine protected characteristics (Equality Act 2010) into our curriculum; which is taught in the classroom and outside of it.

Educating young people in diversity increases creativity, encourages open-mindedness and provides a wealth of opportunities.



TEACHING DIVERSITY IS PART OF OUR SCHOOL VISION;

“SHE IS EMOTIONALLY AWARE AND EMOTIONALLY INTELLIGENT ...IS READY TO INTERACT WITH OTHERS IN THE LOCAL AND WORLDWIDE COMMUNITY; SHE ACCEPTS THE WELFARE OF OTHERS AS HER RESPONSIBILITY”. BRITISH VALUES; DEMOCRACY, THE RULE OF LAW, INDIVIDUAL LIBERTY, MUTUAL RESPECT AND TOLERANCE OF THOSE OF DIFFERENT FAITHS AND BELIEFS LAYS DOWN THE FOUNDATIONS FOR AN INCLUSIVE SOCIETY THAT EMBRACES DIFFERENCES.

THE REMAINDER OF THIS SECTION HAS BEEN WRITTEN BY 6TH FORM STUDENTS TO RAISE AWARENESS OF KEY EVENTS IN THE COMING MONTHS.

THE GOAL OF THE DIVERSITY GROUP IS TO RAISE AWARENESS OF THESE EVENTS AND TO ENCOURAGE MORE STUDENTS TO ENGAGE IN ACTIVITIES THAT ARE TAKING PLACE REGIONALLY, NATIONALLY OR INTERNATIONALLY.

ALL OF THESE EVENTS WILL BE MADE AWARE TO STUDENTS IN THE SCHOOL IN DIFFERENT WAYS INCLUDING IN LESSONS, TUTOR TIME AND GENERALLY AROUND SCHOOL WHERE APPROPRIATE.

DIVERSITY DIGEST

3

JANUARY

21ST JAN WORLD RELIGION DAY

WORLD RELIGION DAY IS ON THE 21ST JAN 2024. THIS IS WHERE FAITH LEADERS OF ALL RELIGIONS GET TOGETHER AND GIVE TALKS TO ENCOURAGE AN UNDERSTANDING OF FAITHS DIFFERENT THAN THEIR OWN. THE GOLDEN RULE FOR MOST RELIGIONS IS 'THIS IS THE BELIEF THAT IT IS GOOD TO TREAT OTHERS AS YOU WANT TO BE TREATED'.

THE DAY ENABLES PEOPLE TO UNDERSTAND EACH OTHER BY CELEBRATING DIVERSITY AND RELIGIOUS TOLERANCE. WORLD RELIGION DAY ALLOWS PEACE AND UNDERSTANDING BETWEEN ALL RELIGIONS AND TOLERANCE WITH INDIVIDUALS WITH DIFFERENT BACKGROUNDS. AN & LT YEAR 12

STUDENTS WILL BE INFORMED ABOUT WORLD RELIGION DAY IN RE LESSONS



24TH JAN INTERNATIONAL DAY OF EDUCATION

THE UNITED NATIONS GENERAL ASSEMBLY DECIDED THAT THE 24TH JANUARY SHOULD BE THE INTERNATIONAL DAY OF EDUCATION. THIS DAY IS USED TO CELEBRATE THE ROLE OF EDUCATION FOR PEACE AND DEVELOPMENT. WE WANT TO RAISE AWARENESS ABOUT THE DAY TO HIGHLIGHT THE SIGNIFICANCE OF EDUCATION, URGING ALL STUDENTS IN BSFG TO VALUE LEARNING OPPORTUNITIES AND DEVELOP A SENSE OF RESPONSIBILITY TOWARDS GLOBAL EDUCATION CHALLENGES. SP & HA YEAR 12

27TH JAN HOLOCAUST MEMORIAL DAY

HOLOCAUST MEMORIAL DAY IS A TIME TO REMEMBER AND HONOUR THE VICTIMS AND SURVIVORS OF THE HOLOCAUST. PEOPLE COMMEMORATE THROUGH CEREMONIES, EDUCATION, VISITING MEMORIALS, CREATING ART, OBSERVING MOMENTS OF SILENCE, AND ORGANISING COMMUNITY EVENTS. IT'S A DAY FOR REFLECTION, LEARNING, AND ENSURING THAT THE HORRORS OF THE HOLOCAUST ARE NEVER FORGOTTEN, AIMING TO PREVENT SUCH TRAGEDIES IN THE FUTURE.

HOLOCAUST MEMORIAL DAY IS CRUCIAL FOR SCHOOLS, SUCH AS BRENTFORD, AS IT PROVIDES AN OPPORTUNITY TO EDUCATE STUDENTS ABOUT THE HISTORICAL SIGNIFICANCE OF THE HOLOCAUST, FOSTERING EMPATHY, TOLERANCE AND UNDERSTANDING. IT HELPS INSTIL THE IMPORTANCE OF HUMAN RIGHTS, PROMOTING A COMMITMENT TO PREVENTING DISCRIMINATION AND GENOCIDE IN THE FUTURE. JS AND AN YEAR 12

IN YEAR 8 HISTORY LESSONS, THE HOLOCAUST IS COVERED AS PART OF THE KS3 CURRICULUM.

1ST FEB WORLD HIJAB DAY

THIS DAY WAS FIRST FOUNDED ON 1ST FEB 2013 BY A BANGLADESHI-NEW YORKER, NAZMA KHAN, WHO CAME UP WITH THE IDEA AS A MEANS TO FOSTER PERSONAL FREEDOM OF RELIGIOUS EXPRESSION AND CULTURAL UNDERSTANDING BY INVITING WOMEN FROM ALL WALKS OF LIFE TO EXPERIENCE THE HIJAB FOR ONE DAY ON FEBRUARY 1ST ANNUALLY.

THE AIM OF THE DAY IS "THROUGH AWARENESS, EDUCATION AND EMPOWERMENT, WE ARE COMMITTED TO DISMANTLING BIGOTRY, DISCRIMINATION AND PREJUDICE AGAINST MUSLIM WOMEN." TJ & AZ YEAR 12



DIVERSITY DIGEST

4

FEBRUARY

1ST FEB TIME TO TALK DAY

ON THE 1ST FEBRUARY, WE WILL BE CELEBRATING 'TIME TO TALK DAY' IN THE HOPES TO ENCOURAGE OPEN CONVERSATIONS ABOUT MENTAL HEALTH. THIS IS VERY IMPORTANT BECAUSE EVERY YEAR **1 IN 4 OF US WILL EXPERIENCE A MENTAL HEALTH PROBLEM** AND BY CREATING AN OPEN DIALOGUE IT CAN REDUCE STIGMA, MAKE PEOPLE FEEL LESS ALONE AND PROMOTE MORE PEOPLE TO SEEK HELP.

OUR BRENTFORD VISION NOT ONLY TEACHES EMOTIONAL INTELLIGENCE BUT ALSO **TAKING RESPONSIBILITY FOR THE WELFARE OF OTHERS** AND THESE CONVERSATIONS SHOULD BE APPROACHED WITH THE INTENTION TO LISTEN WITH AN OPEN MIND AND, MOST IMPORTANTLY, PATIENCE.

IT IS VITAL TO TAKE THE TIME TO TALK WITH BOTH FRIENDS AND FAMILY ABOUT ANY WORRIES OR STRESSES. JUST ASKING HOW THEY ARE HELPS!

**IF YOU FEEL YOU NEED ANY ADVICE OR ARE STRUGGLING
PLEASE TALK TO A TRUSTED ADULT SUCH AS YOUR TUTOR OR HEAD OF YEAR. EH & SB YEAR 13**



4TH FEB WORLD CANCER DAY

WORLD CANCER DAY IS AN INTERNATIONAL DAY MARKED ON 4 FEBRUARY TO RAISE AWARENESS OF CANCER AND TO ENCOURAGE ITS PREVENTION, DETECTION, AND TREATMENT. WORLD CANCER DAY IS LED BY THE UNION FOR INTERNATIONAL CANCER CONTROL (UICC).

IN RECENT YEARS, CITIES HAVE BEGUN TO SUPPORT THE DAY BY LIGHTING UP IMPORTANT LANDMARKS IN ORANGE AND BLUE. IN 2019, 55 LANDMARKS IN 37 CITIES PARTICIPATED IN THE LANDMARK LIGHTING INITIATIVE. AT LEAST 60 GOVERNMENTS OFFICIALLY OBSERVE WORLD CANCER DAY.

THE THEME FOR THE YEARS 2022-2024 IS 'CLOSE THE CARE GAP' THAT FOCUSES ON ELIMINATING THE DIFFERENCE IN ACCESS TO CANCER CARE SERVICES FACED BY POPULATIONS OF VARIOUS GROUPS OF COUNTRY INCOME, AGE, GENDER, ETHNICITY ETC. VT & ST YEAR 12

5TH-11TH FEB WORLD RACE EQUALITY WEEK

HELD DURING THE FIRST WEEK OF FEBRUARY EACH YEAR, RACE EQUALITY WEEK UNITES ALL PEOPLE AND ENCOURAGES THEM TO CONTINUE THEIR ACTIVITIES AND DRIVE RACE EQUALITY ALL YEAR LONG. IN LINE WITH OUR SCHOOL VALUES, IT IS SIMPLY THE RIGHT THING TO DO TO TREAT OTHERS WITH DIGNITY AND RESPECT.

RACIAL DIVERSITY IS THE ACKNOWLEDGEMENT AND CELEBRATION OF DIFFERENCES BETWEEN RACIAL GROUPS. DIVERSITY RECOGNISES AND VALUES DIFFERENCES WITHIN, AS WELL AS BETWEEN RACIAL IDENTITIES. UNDER THE EQUALITY ACT 2010, RACE IS A PROTECTED CHARACTERISTIC. RACE EQUALITY WEEK IS AN ANNUAL UK-WIDE MOVEMENT UNITING HUNDREDS OF THOUSANDS OF ORGANISATIONS AND INDIVIDUALS TO ADDRESS THE BARRIERS TO RACE EQUALITY IN THE WORKPLACE. ME-A, HMJ & BHP YEAR 12

AT SCHOOL OUR ANNUAL DIVERSITY WEEK CELEBRATES OUR DIVERSE COMMUNITY AND WILL TAKE PLACE IN JUNE



BULLETIN

MESSAGE FROM MS. WILLIAMS

Welcome back parents to another edition of the Blossom Bulletin! This term has been full of exciting and informative topics for our students.

We have covered essential life skills such as money management, healthy relationships, and staying safe.

Our students have also learned about puberty and how to plan for their future through goal setting.

We hope you enjoy reading about what we have explored this term, and what is coming up next term.



RUTH CADBURY (MP) 6TH FORM VISIT

ON NOVEMBER 9TH, RUTH CADBURY, THE MP FOR BRENTFORD AND ISLEWORTH, GAVE AN ASSEMBLY TO OUR 6TH FORM STUDENTS ABOUT BRITISH VALUES AND POLITICS. THE STUDENTS FOUND HER TO BE AN INSIGHTFUL AND ENGAGING SPEAKER.

BRENTFORD SCHOOL FOR GIRLS THANKS RUTH FOR VISITING AND SPEAKING TO OUR STUDENTS.

THIS HALF TERM, THE SIXTH FORM WILL TAKE PART IN A SESSION WITH BARONESS HAMWEE AS PART OF THE LEARN WITH THE LORDS SCHEME.

WE WELCOME MS. GARRETT AND MS. CHARBONNIER TO THE BLOSSOM DEPARTMENT WHO WILL BOTH BE TEACHING YEAR 10

BLOSSOM

BULLETIN

6

TOPICS THIS HALF TERM

YEAR 7	FRIENDSHIP, BULLYING & RELATIONSHIPS ONLINE
YEAR 8	EXTREMISM
YEAR 9	STEREOTYPES & EQUALITY
YEAR 10	UNHEALTHY RELATIONSHIPS
YEAR 11	FEMALE HEALTH
YEAR 12	RELATIONSHIPS, VALUES & CONSENT
YEAR 13	PERSONAL SAFETY



YEAR 8: POTIONS & HERBOLGY

MS. GIDDENS AND MS. WILLIAMS FACILITATED A HARRY POTTER THEMED DAY ON 22ND NOVEMBER. THE DAY WAS FILLED WITH ACTIVITIES SUCH AS QUIDDITCH AND HERBOLGY.

DURING HERBOLGY, MS. WILLIAMS TAUGHT STUDENTS ABOUT THE CONNECTION BETWEEN THE FEMALE MENSTRUAL CYCLE AND THE MOON. STUDENTS ALSO HAD THE CHANCE TO CREATE THEIR OWN HERBAL MIXTURES AND TEA TO HELP ALLEVIATE CRAMPS AND MENSTRUAL FATIGUE.



RSE PARENTAL CONSULTATION

IN THE AUTUMN TERM, I HAD THE ABSOLUTE PLEASURE OF MEETING WITH PARENTS IN OCTOBER TO DISCUSS HOW RELATIONSHIPS, SEX EDUCATION IS DELIVERED HERE AT BSFG.

PARENTS WERE ABLE TO LOOK THROUGH RESOURCES USED IN LESSONS AND ASK ANY QUESTIONS ABOUT THE WAY THIS TOPIC IS TAUGHT. THANK YOU TO ALL THE PARENTS INVOLVED ON THE DAY

WE ARE DELIGHTED TO ANNOUNCE THAT TWO FURTHER PARENT CONSULTATION EVENTS HAVE BEEN ADDED TO THE CALENDAR WITH 6TH FORM PARENTS INVITED IN ON FRIDAY 23RD FEBRUARY AND YEAR 7 PARENTS INVITED TO ATTEND ON MONDAY 26TH FEBRUARY. FURTHER DETAILS WILL BE SENT HOME SEPARATELY WITH DETAILS ON HOW TO BOOK YOUR PLACE.

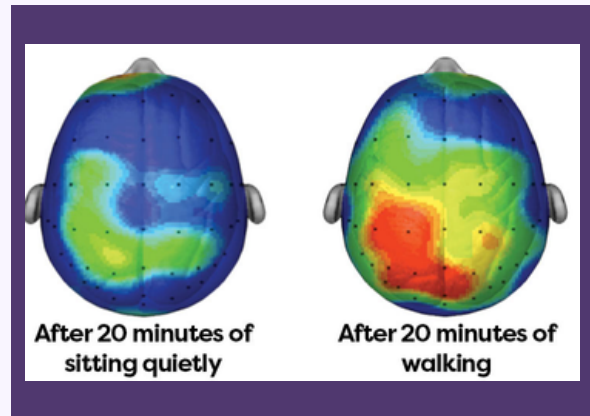
MS WILLIAMS

EXTRA-CURRICULAR NEWSLETTER

7

WHY TAKE PART IN EXTRA CURRICULAR CLUBS?

EXTRA-CURRICULAR OPPORTUNITIES
COME IN ALL SHAPES AND FORMS AT
BRENTFORD SCHOOL FOR GIRLS. FROM
WRITING AND ARTS TO SPORTS CLUBS.



AS YOU CAN SEE ANY FORM OF ACTIVITY STIMULATES THE BRAIN TO ACTIVATE QUICKER AND FUNCTION BETTER. THIS IS WHY WE ENCOURAGE OUR STUDENTS TO TAKE PART IN AN EXTRACURRICULAR ACTIVITY EITHER AT LUNCH TIME OR AFTER SCHOOL TO HELP ENCOURAGE THIS STIMULATION. NOT ONLY DOES IT DO THIS BUT IT IS A GREAT WAY TO RELIEVE STRESS AND ANXIETY ESPECIALLY WHEN EXAM SEASON HITS.

EXTRA- CURRICULAR OPPORTUNITIES



AUTUMN TERM 1

TIMETABLE

THE MOST RECENT UP TO DATE TIMETABLE AND INFORMATION ABOUT CLUBS ARE ON **THE SCHOOL WEBSITE**. PLEASE USE THE LINK BELOW TO SEE WHAT IS ON OFFER:

[EXTRA-CURRICULAR CLUB INFORMATION](#)

ONCE DECIDED WHAT CLUB TAKES YOUR FANCY USE THIS GOOGLE FORM TO SIGN UP TO THAT CLUB:

[SPRING TERM 1 EC SIGN UP FORM](#)

EXTRA-CURRICULAR NEWSLETTER

FEATURED CLUBS

AS WELL AS A NUMBER OF CLUBS OFFERED BY MEMBERS OF STAFF, WE ALSO HAVE CLUBS SUPERVISED AND RUN BY EXPERTS FROM EXTERNAL PROVIDERS

AS WITH ALL CLUBS, THESE ARE FREE TO ALL STUDENTS!

THESE CLUBS ARE AVAILABLE TO ALL YEAR GROUPS AND HELP DEVELOP SELF CONFIDENCE AND NEW SKILLS.



SELF DEFENCE

RUN BY A QUALIFIED INSTRUCTOR, CLASSES ARE TAUGHT TO PROVIDE STUDENTS WITH TECHNIQUES TO HELP PROTECT THEMSELVES

TUESDAY AFTER SCHOOL
3:15-4:30PM IN PANKHURST GYM

NETBALL

A QUALIFIED NETBALL COACH DEVELOPS SKILLS IN THE SPORT. FOR THE STUDENTS, THIS IS A GREAT OPPORTUNITY BEYOND THEIR PE LESSONS

MONDAY AND WEDNESDAY LUNCH TIME
12:50-1:20PM IN PANKHURST GYM/COURTS

STEP INTO DANCE

AS PART OF THE ROYAL ACADEMY OF DANCE COMMITMENT TO ENCOURAGE DANCE IN YOUNG PEOPLE, A QUALIFIED INSTRUCTOR TEACHES NEW SKILLS AND PROVIDE INSPIRATION FOR STUDENTS WISHING TO DEVELOP THEIR SKILLS

FRIDAY AFTER SCHOOL 3:15-4:30PM IN THE THEATRE



CAREERS

NEWSLETTER

APPRENTICESHIPS SPOTLIGHT

THE FESTIVAL OF APPRENTICESHIPS 2024 WILL BE DURING NATIONAL APPRENTICESHIP WEEK ON 5TH – 11TH FEBRUARY 2024. THE FESTIVAL IS FREE TO ATTEND IS A SERIES OF EVENTS THAT ADVOCATES, PROMOTES AND CELEBRATES APPRENTICESHIPS.

MORE THAN JUST A CAREERS FAIR OR CONFERENCE, THE FESTIVAL IS A ONE-STOP SHOP FOR ANYONE LOOKING TO FIND OUT MORE ABOUT APPRENTICESHIPS. FROM DISCOVERING LOCAL OPPORTUNITIES BY MEETING ORGANISATIONS FIRST-HAND, THROUGH TO GUIDANCE ON HOW TO APPLY FOR AND MAKE THE MOST OF AN APPRENTICESHIP, THE FESTIVAL AIMS TO COVER ALL!

IF ANY STUDENTS ARE INTERESTED IN APPRENTICESHIPS IT IS A GREAT EVENT TO ATTEND.



UNIFROG

THIS IS A REMINDER THAT EVERY STUDENT HAS ACCESS TO A FANTASTIC ON-LINE CAREERS PORTAL CALLED UNIFROG.

UNIFROG IS A ONE-STOP-SHOP WHERE STUDENTS CAN EASILY EXPLORE THEIR INTERESTS, THEN FIND AND SUCCESSFULLY APPLY FOR THEIR NEXT BEST STEP AFTER LEAVING US AT THE END OF THEIR SIXTH FORM EXPERIENCE.

UNIFROG HELPS STUDENTS TO EXPLORE THEIR KEY INTERESTS AND WHAT CAREER PATHS THEY CAN TAKE TO REACH THEIR GOALS. WITH INTERACTIVE QUIZZES, A DETAILED AND EXTENSIVE CAREERS LIBRARY AND A PLACE TO RECORD SKILLS AND ACTIVITIES, UNIFROG IS A TOOL THAT CAN BE USED BY STUDENTS ACROSS ALL YEAR GROUPS.

IF YOUR DAUGHTER CANNOT LOG IN, SHE SHOULD GO TO THE LOG IN SCREEN AND CLICK 'FORGOTTEN PASSWORD', WHICH WILL ALLOW HER TO SET UP A NEW PASSWORD.

CHECK THEM OUT:

[HTTPS://FESTIVALOFAPPRENTICESHIPS.COM](https://festivalofapprenticeships.com)

[HTTPS://WWW.UNIFROG.ORG/SIGN-IN](https://www.unifrog.org/sign-in)

NEWSLETTER

TIPS ON HOW TO ANSWER THE QUESTION 'TELL ME A LITTLE ABOUT YOURSELF'

MANY OF OUR 6TH FORM STUDENTS SEEK PART-TIME WORK AS A WAY TO EARN SOME POCKET MONEY
WHILST DEVELOPING THEIR EMPLOYABILITY (OR TRANSFERABLE) SKILLS.
SOME STUDENTS MIGHT BE CONSIDERING A COLLEGE COURSE AND RUMINATING ON THE QUESTIONS AN ADMISSIONS TUTOR MIGHT ASK.

BEGIN BY SHOWING INTERVIEWERS WHY YOU'RE THE BEST CANDIDATE
FOR THIS JOB
(MENTION SOME SKILLS AND EXPERIENCE)

GIVE AN OVERVIEW OF YOUR EDUCATION HISTORY I.E. WHAT YOU
ARE DOING NOW, AND WHERE YOU WOULD LIKE TO GO IN THE
FUTURE



PROVE THAT YOU'VE DONE YOUR RESEARCH AND KNOW
HOW THIS JOB/ COLLEGE WOULD BE A LOGICAL NEXT STEP
IN YOUR CAREER

DEMONSTRATE THAT YOU CAN COMMUNICATE CLEARLY,
CONNECT WITH THE INTERVIEWER AND PRESENT
YOURSELF PROFESSIONALLY

MENTAL HEALTH & SELF ESTEEM

AS A SCHOOL WE ARE COMMITTED TO PROVIDING SUPPORT TO STUDENTS AND FAMILIES.

THIS STARTS WITH THE PASTORAL TEAM.

HOWEVER, WE HAVE ALSO ENSURED THAT SPECIALIST SUPPORT IS GIVEN WHEN NEEDED AND STUDENTS HAVE ACCESS TO SUPPORT FROM A NUMBER OF PROVIDERS THAT HELP SUPPORT WHERE NEEDED.

THIS SECTION OUTLINES SOME OF THE SUPPORT OFFERED.



AT LVA, WE ARE PASSIONATE ABOUT SEEING YOUNG PEOPLE THRIVE IN ALL AREAS AND ASPECTS OF LIFE. JUST AS OUR NAME SAYS, WE WANT YOUNG PEOPLE TO KNOW THAT THEY ARE LOVED, THEY ARE VALUED FOR WHO THEY ARE AND ENABLED TO MAKE INFORMED DECISIONS IN THEIR LIFE AND RELATIONSHIPS.

AS EDUCATORS, WE WANT TO EQUIP YOUNG PEOPLE TO HAVE A GROWTH MINDSET AND OUR SMALL GROUPS SUPPORT THEIR DEVELOPMENT WITH THE SKILLS AND CONFIDENCE NEEDED TO BUILD SELF-ESTEEM, THRIVE IN THEIR RELATIONSHIPS, UNDERSTAND THEIR SEXUAL HEALTH AND BUILD EMOTIONAL RESILIENCE.

OUR COURSES RUN FOR SIX WEEKS WITH A MAXIMUM OF EIGHT STUDENTS TO MAKE SURE THAT EVERY YOUNG PERSON GETS THE TIME NEEDED TO BENEFIT FROM THE SESSIONS. WE PROVIDE AN END OF COURSE EVALUATION WITH FEEDBACK AND ONGOING DEVELOPMENT ADVICE FOR EACH PARTICIPANT TO THE SCHOOL.

MENTAL HEALTH & SELF ESTEEM

THRIVE THERAPY

STUDENTS ARE OFFERED SUPPORT FROM ONE OF OUR THRIVE THERAPISTS. THE GOAL OF 1-1 THERAPY SESSIONS IS TO EMPOWER, SUPPORT AND COACH THE STUDENT IN A THERAPEUTIC CONTEXT. OUR THERAPISTS USE A SOLUTION-FOCUSED APPROACH BY SETTING CLEAR GOALS SUCH AS 'REDUCING ANXIETY LEVELS' OR 'IMPROVING SELF-ESTEEM' ETC.

OUR THERAPIST WILL CREATE A BESPOKE TREATMENT PLAN FOR EACH STUDENT, SUITING THEIR INDIVIDUAL NEEDS. WE BELIEVE EVERYONE'S HEALING OR WELLNESS JOURNEY WILL BE SLIGHTLY DIFFERENT AND WILL REQUIRE DIFFERENT TECHNIQUES AND DIFFERENT TIMESCALES. OUR AIM IS TO EQUIP YOUNG PEOPLE WITH SKILLS TO BETTER UNDERSTAND THEMSELVES AND THE WORLD AROUND THEM.

TO ENSURE THAT WE ARE PROVIDING EACH STUDENT WITH A SAFE SPACE WHERE THEY CAN BE HONEST AND OPEN, EVERYTHING DISCUSSED IN SESSIONS WILL BE KEPT CONFIDENTIAL UNLESS THERE IS A SAFEGUARDING CONCERN OR UNLESS THE YOUNG PERSON HAS GIVEN THEIR THERAPIST PERMISSION TO SHARE INFORMATION.

WE WILL REVIEW STUDENTS' PROGRESS EVERY SIX WEEKS AND A FULL CLOSURE REPORT WILL BE WRITTEN ONCE THE CASE HAS BEEN CLOSED.

GROUP SESSIONS ARE SUITABLE FOR STUDENTS WHO:

- HAVE LOW LEVEL ANXIETY
- ARE STRUGGLING TO MAKE FRIENDS AND SETTLE INTO SCHOOL
- HAVE LOW SCORES ON THEIR PASS SURVEY
- ARE STRUGGLING WITH EXAM STRESS
- HAVE LOW SELF ESTEEM
- ARE UNSURE ABOUT 1-1 THERAPY AND WOULD LIKE TO SEE WHAT THERAPY IS ALL ABOUT
- STRUGGLE TO MANAGE EMOTIONS



Thrive