



St Nicolas and St Mary Church of England Voluntary Aided Primary School

Eastern Avenue, Shoreham-by-Sea, West Sussex BN43 6PE

Tel: 01273 454470 Email: office@stnm.org.uk

Web: <http://www.stnicolasmary.w-sussex.sch.uk/>

Executive Headteacher Mr D Etherton B.Ed Hons. NPQH

Acting Headteacher Mr A Lincoln BA Hons

Friday 17th September

The Empowerment Approach

Dear Parents and Carers,

Over the last year, our school has been learning about the Empowerment Approach which is a research-based multi-disciplinary approach that incorporates neuroscience, psychology, coaching and education so that:

- All children feel safe, happy and able to learn.
- Every child builds prosocial and pro-learning skills for the future.

The Empowerment Approach programme teaches young people:



- About their brain and how it works
- About their needs and how to manage well even when these needs aren't being met (eg. If they have the *need* to feel in control but they aren't able to be in charge during some group work...what can they do to help them to manage this situation?)
- How to prepare to be at their best for learning and socialising
- How to problem-solve when things go wrong so they feel good AND those around them do too.

How will school be introducing the approach? How can I learn about the approach and support it at home?

From Year 1, class teachers will be introducing key elements of the approach as part of the PSHE curriculum. We will be calling the lessons, '**Brain Building Lessons**'. The children will be participating in fun, informative activities to help them to understand how their brain works, their needs and skills.

You will be able to support the approach at home by talking to your child about what they have learnt at school. Information will be put in the Parent/Carer Bulletin and uploaded to the website. In Early Years, the key concepts will be introduced but at an appropriate pace; you will get updates so you can support this at home.

Key principles of the approach:

- People who feel better, do better!
- Listen to understand, not listen to respond.
- Get children working out solutions that are: "Good for me, good for you, good for everyone."

We are very excited about teaching these 'Brain Building Lessons' and introducing the approach to the children. We look forward to giving you updates as we journey through the programme.

Kind regards,

Miss H. Wing

Assistant Headteacher for Inclusion