

The Anchor Approach bundle is designed to provide school staff with a range of straightforward strategies which can be applied every day, bridging research to practice.



This bundle supports schools to:

1. Improve whole-school wellbeing by embedding attachment aware practice
2. Reduce challenging behaviour
3. Increase concentration for raised attainment

The bundle has been developed to provide quality training and resources which is good value and allows schools time to embed practice before moving on to the next phase.

The Package:

4 days training and support to the school

❖ Face to face training sessions (whole school - 3 x half day)

1. Attachment & Wellbeing in Schools - an Introduction

- a. Managing self & the environment – the power of small adaptations
- b. Understanding developmental needs

2. Understanding Behaviour to Promote a Positive School Culture

- a. Understanding impulsivity, shame & rage & how to reduce their impact
- b. Considering what the child's behaviour is communicating and strategies to reduce unregulated behaviour incidents

3. Increasing Concentration, Thinking & Learning

- a. Focussing on practical activities to facilitate brain integration for increased concentration
- b. Understanding how to support children to stay in their thinking brain and create conditions for thinking & learning

❖ Policy, Systems & Practice (Senior Leadership Team)

1. Face to face training (1.5 hours)

- a. Focussing on aspects of policy which are attachment aware
- b. Considering some unintended consequences of policy and systems
- c. Thinking about discipline through an attachment lens

2. Policy writing support/advice (1.5 hours)

- a. Advice & support to update policy & systems, in line with attachment aware practice
- b. Consider short-term/long-term policy plan as practice is embedded & staff confidence grows

- ❖ **Target-setting & Intervention-training** (Emotional Wellbeing Coordinator & Learning Support Assistants)
 1. Face to face training (1 day equivalent)
 2. Resources for target-setting & running interventions to support children to learn to manage their own behaviour & reduce behaviour incidents

- ❖ **School staff based network meetings** (1x day equivalent)
 - a. To support key staff to apply the thinking to complex cases (children causing concern) and reduce behaviour concerns

- ❖ **Additional resources to support embedding of practice** (included in the bundle & free of charge)
 1. Staff meeting session power point & resources (x6)
 - a. 2 sessions designed as follow-up to each face-to-face training session (6 in total) to be run by the Emotional Wellbeing Coordinator to support embedding of practice
 2. Assembly plans (x3)
 - a. To support children's understanding of key points around wellbeing
 3. Circle Time plans & resources (x3)
 - a. To strengthen the work with children around wellbeing & linked to the assembly plans

- ❖ **Costing:**
 - £1,500 – includes 4 day's staff time – *for support & training across the year*
 - 'Additional Resources' are free within the bundle; this is an investment by the local authority in Haringey schools

 - Haringey council recognises the significance of the research-based thinking underpinning the work of The Anchor Approach and the potential impact on improving behaviour, learning and mental wellbeing
 - This is in line with the government drive to support schools to play a '*front line role in promoting and protecting children and young people's mental health and well-being*' (Ref: 'House of Commons Education and Health Committees **Children and young people's mental health — the role of education**'; *First Joint Report of the Education and Health Committees of Session 2016–17 (April 17)*)

For more information contact: anchor@haringey.gov.uk



Anchor Approach Manager
04.09.19