

# RAISING ATTAINMENT WITH WELLBEING

The last two years have been incredibly difficult for schools. The **Raising Attainment with Wellbeing Programme** has been designed by five top national coaches to help schools raise attainment levels by improving the emotional wellbeing and mental health of both pupils and staff.

The Programme offers a deep audit of the school's approach to staff and pupil wellbeing, and coaching in changing culture and climate, behaviour policy, inclusion practice and building the core strength of pupils to nurture their resilience, self-awareness and engagement.



**NATIONAL  
WHOLE SCHOOL  
WELLBEING  
AWARD**

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## EXPERT WRITERS AND COACHES



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Practitioner Trainer with  
Emotion Coaching UK



**Bab Basley**  
Anti-Bullying Quality  
Mark-UK

This high impact programme offers a comprehensive set of complementary strategies and approaches to unlock academic achievement and accelerate progress by:

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- Re-examining a whole school community's relationship with "behaviour" and "behaviour management", creating culture and practice that is trauma-informed and relationships-driven
- Reviewing the school culture and classroom environment to find deep level barriers that adversely affect a proportion of children
- Helping staff understand the cognitive and behavioural impact of poverty and adverse social circumstances
- Applying the latest knowledge in the neuroscience of learning to create classrooms that support neurodiverse learners through grounded cognitive and metacognitive practice
- Removing individual barriers to learning, caused by physical or cognitive conditions, through the advanced deployment of Assistive Technologies



### WHY DO WE NEED THIS?

Simply put, an anxious, frightened or angry mind simply will not learn.

This Programme helps teaching professionals to understand what they can do to create an inclusive learning environment that supports and nurtures children at the highest possible levels of emotional wellbeing. It builds social and emotional resilience, by meeting the needs of neurodiverse learners, thereby accelerating progress and securing better personal outcomes.

This programme is designed to have a positive and sustained impact on critical cohorts of children and young people that may have lost significant ground because of Covid-19 disruption, supporting improvements in culture, climate and ethos that will enable achievement to thrive:

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- Children who are under-performing because of anxiety, stress or distress.
- Children and Young People receiving SEN Support (as well as those with EHCPs)
- Children in Care or on the edge of care
- Children and Young People with specific vulnerabilities (self-esteem and confidence, emotional self-regulation skills, etc.)
- Pupil Premium Cohort
- New migrants or Travellers
- Neurodiverse learners below the threshold for statutory SEN support



# KEY BENEFITS

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## APPLICABILITY

Signposting to an array of governmental departments and agencies, third-sector organisations and businesses, with materials kept up-to-date and constantly reviewed.

Designed exclusively to meet the demands of Ofsted and Estyn key inspection focus areas (in particular, creating a culture and climate that will reduce the number of fixed term and permanent exclusions, and create high performing inclusive learning communities).

## WELLBEING

Helping professionals to understand what they can do to create a learning environment that supports and nurtures the highest possible levels of emotional wellbeing, and thus progress and achievement.

Raising the levels of emotional wellbeing amongst staff as well as children, helping to retain experienced professionals and support new entrants to the profession in equal measure.

## SUPPORT

It's available as a self-study package, but with the opportunities to commission specialist coaches to deliver targeted and bespoke webinars to groups of staff, lead on-site INSET and evaluation activity, or commissioned packages of more extensive bespoke support to drive change management.

# COURSES INCLUDED IN PROGRAMME

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## 1 RAISING ATTAINMENT WITH WELLBEING | FOR SCHOOL LEADERS

Supports leadership teams to forensically analyse the social and emotional "health" of their setting, through policy review and a detailed Needs Analysis. It contains a comprehensive guide to supporting the wellbeing of your staff.

## 2 WELLBEING AND CORE STRENGTH

Explores the critical relationship between emotional wellbeing and mental health, and the impact these two factors can have on learning and personal development.

## 3 MAKING SENSE OF BEHAVIOUR

Gives education professionals a deeper insight into childhood trauma, neglect, attachment issues and the impact these have on the observed behaviours of children and young people.

## 4 CHANGING CULTURE AND CLIMATE

Offers a rich seam of developmental tools, strategies and approaches aimed at transforming the culture and climate of the whole education setting. This is relevant to experienced staff as well as those who are newly qualified.

## 5 ACCELERATING DEVELOPMENT

Assembled for your consideration, including tools to build cognition, the introduction of Assistive Technologies to support neurodiversity, Coaching Conversation training resources and other emotional wellbeing and mental health strategies.

## FOR THE STAFF

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- ✓ Positive changes in culture and climate
- ✓ Resilience and anxiety reducing strategies
- ✓ Building empathy and relationships with hard-to-reach children and their families
- ✓ Active engagement in CPD and change management



# PROGRAMME PACKAGES

- Options with in-person coach will incur additional travel expenses.
- Schools completing Options 1 or 2 are eligible for the Silver National Whole School Wellbeing Award.
- Those completing Option 3 are eligible for the Gold Award.



  
**NATIONAL  
WHOLE SCHOOL  
WELLBEING  
SILVER AWARD**

  
**NATIONAL  
WHOLE SCHOOL  
WELLBEING  
GOLD AWARD**

## FUNDING

The programme is considered effective use of the following:

- ✓ Pupil Premium Funding
- ✓ Catch-up Funding
- ✓ Sports Premium Funding

### OPTION 1

#### RAISING ATTAINMENT WITH WELLBEING ONLINE CORE PACKAGE

**£1,500 + VAT**

Includes:

- ✓ Full 5 Course Programme
- ✓ Unlimited Staff attendees
- ✓ 12 months Access
- ✓ Monthly updates and webinar support
- ✓ On two staff completing the Programme and demonstrating evidence of improved wellbeing the school is eligible for the National Whole School Wellbeing Award (silver)

### OPTION 2

#### CORE PACKAGE WITH 8 HOURS COACHING SUPPORT

**£2,350 + VAT**

Includes:

- ✓ All from Option 1

Plus:

- ✓ 8 hours of coaching (across two days) of in-person or online support from a qualified coach.
- ✓ The school is eligible for a National Whole School Wellbeing Award (silver) when two staff complete the programme and show evidence of progress within the school.

(NB. All in-person coaching will involve additional travel expenses)

### OPTION 3

#### CORE PACKAGE WITH 16 HOURS COACHING AND SCHOOL WELLBEING REVIEW

**£3,200 + VAT**

Includes:

- ✓ All from Option 1

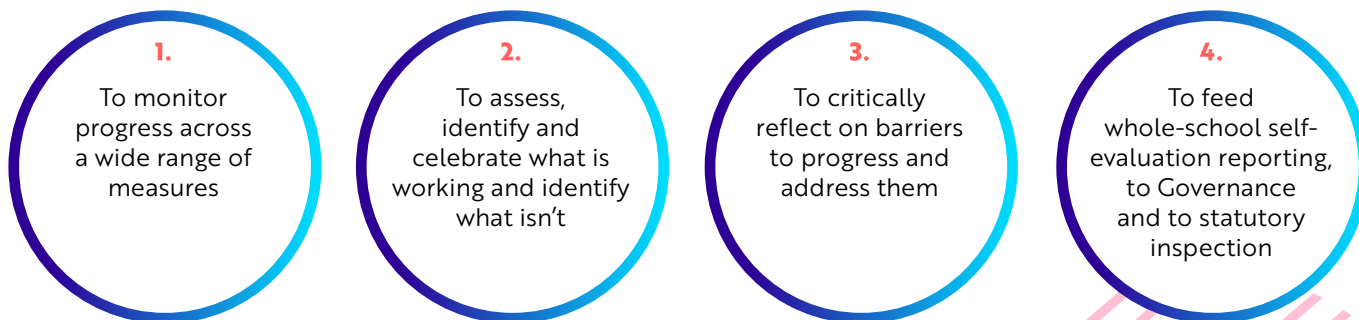
Plus:

- ✓ 16 hours of coaching, in-person or online, including a school review
- ✓ The Gold National Whole School Wellbeing Award can be obtained when at least two staff complete the programme, demonstrating evidence of progress to the external coach.

(NB. All in-person coaching will involve additional travel expenses)

# EVALUATION

It is important to critically examine the impact of any school improvement programme, for a number of reasons:



## RAISING ATTAINMENT WITH WELLBEING IS DESIGNED TO SUPPORT IMPACT EVALUATION USING A RANGE OF TOOLS AND STRATEGIES

The first step is to identify how your school community measures wellbeing currently, and consider ways of enhancing these tools and approaches as a first step.

## THE PROGRAMME ALSO OFFERS:

- A. A detailed and comprehensive Needs Analysis framework that identifies strengths and areas for improvement, supports the prioritisation of activity, and can be revisited to judge progress. Although this initial step within the Programme can be conducted internally, an external coach could be commissioned to add independent scrutiny and assessment to the process.
- B. Freely available wellbeing measurement tools are signposted in the leadership modules, such as the Anna Freud tool to measure staff wellbeing (available as an online template), although it is strongly recommended to extend your engagement with the programme through the additional commissioning of **Myself as a Learner Scale** (recommended by the EEF) and the Sterling Wellbeing Test.
- C. Individual focussed activity within different elements of the Programme will generate their own measurable outputs (such as positive behaviour management peer reviews and adapting Wave 1 teaching behaviours to be more inclusive).



Ultimately, key school improvement measures, such as attendance and punctuality, engagement in learning, use of school discipline pathways including fixed-term suspension, permanent exclusion and managed move statistics, will reflect progress made and a journey travelled.



# REGISTER YOUR INTEREST

To express your interest in joining the programme,  
please email **[tina@teachingtimes.com](mailto:tina@teachingtimes.com)**

[www.teachingtimes.com](http://www.teachingtimes.com)