



The Federation of Minster and Monkton Church of England Primary Schools

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Dear Parents, Carers, Guardians,

What does it take to develop healthy, happy, confident children who are ready and open to learning?

As part of our roles as SENCOs at Minster and Monkton, we have recently begun on our Thrive journey in order to develop our nurturing approach to children, their wellbeing and education. We are completing our Thrive Childhood Licensed Practitioner qualifications so that we can offer Thrive across the Federation of Minster and Monkton, to all children.

In our schools we have started to use the Thrive Approach, which provides a powerful way of working with children and young people, supporting optimal social and emotional development.



What is the Thrive Approach?

Children cannot always put their needs into words, but the way children behave can tell us a lot about how they are feeling. In the old days, children who were finding life hard were sometimes given harmful labels, like 'naughty' or 'very shy'.

For over 25 years, Thrive has been working with schools, settings and organisations to support the mental health and wellbeing of children and young people. With a focus on building secure relationships and providing positive experiences, Thrive helps young people to feel safe, supported and ready to learn.

Why do we need Thrive?

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.

What is a Thrive Action Plan?

Children who need a little bit of extra help are identified through our whole-class screening process, by class teachers. A Thrive Action Plan is plan of activities tailored to support a child's identified social and emotional learning targets is then developed. The activities are one-to-one and small group, play and arts-based activities designed to help the child feel better about themselves; become more resilient and resourceful; form trusting, rewarding relationships; be compassionate and empathetic; and/or be able to overcome difficulties and setbacks.

So, who gets Thrive?

Everyone! Everyone will get class Thrive activities through Thrive Time. But if your child needs regular out of class Thrive time, one-to-one or in a small group, we can now offer this to support them as part of our School Offer.

For many children across the school, Thrive time is considered a real treat! Who wouldn't want to spend time each week with the attention of a caring adult doing play? However, we try to emphasize to everyone that Thrive is just like any other learning intervention. If children struggle with reading, we give them extra support, and it's the same with social and emotional learning, if they are struggling, they get extra support.

We are working to become a Thrive school

At Minster and Monkton, Thrive will be a whole-school approach. We believe that all behaviour is communication, that that communication needs to be understood and supported. Thrive 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 our collective spirit.

If you want to know more about Thrive, visit the Thrive Approach website on the link:

<https://www.thriveapproach.com/>

Alternatively, speak to Mrs Emma Hill at Minster C of E Primary School via ehill@mandm.school or Mrs Jo Guildler at Monkton C of E Primary School by emailing jguildler@mandm.school.

Kind regards,

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