

A Guide for Schools

What is Primary Focus?

A nurture-based programme focusing on the social & emotional needs of pupils, aiming to increase their sense of security, trust, self-esteem & emotional wellbeing.

Aims:



- To guide pupils' understanding of their emotions and behaviours by providing them with the strategies and resources needed to self-regulate.
- To promote an improvement in mental wellbeing and general behaviour in school and at home.
- To work collaboratively with schools and families.

Overview:

- Pupils attend once a week for 12 weeks, accompanied by a keyworker from their school.
- Planned sessions, energising activities, group, and 1:1 support to achieve individualised targets.
- Sessions throughout the programme are suitable for pupils who struggle to open up and speak about their emotions, lack self-esteem and social skills or have difficulty expressing their thoughts, feelings and anxieties at school/home.

Two Bridges School

Our Ethos, Visions & Aims:

Underpinned by restorative principles, we believe that all pupils deserve the opportunity to reach their full potential. We aim for pupils to identify, manage and express their emotions, feelings and behaviours by equipping them with various social and emotional tools and strategies to use at school and at home.

COVID Secure:

A comprehensive risk assessment has been carried out to ensure the highest levels of safety & security. Two Bridges staff are tested weekly. DFE guidance will be adhered to wherever possible.

Your School

- Regular communication and positive feedback are encouraged throughout.
- The positive tools & strategies introduced at Primary Focus will be transferrable, benefitting the pupil back at school.
- A member of the SLT will be invited in at the beginning, middle and end of the programme.

Keyworker Role

- A Keyworker from the home school who works in the same class/closely with the referred pupil will accompany them at Primary Focus each week.
- This ensures that strategies and resources are successfully transferred.
- Keyworkers will be fully trained and upskilled throughout the programme.



Weekly Structure



Primary Focus Strategies



Contact Details

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Pre-Programme

- Referral form process.
- Parental consent.
- Meeting with school and observation of pupil.
- Target setting.
- Keyworker staff training.
- Primary Focus Welcome morning – Parents/Carers, SLT member & pupil.

Weeks 1 - 12

- 8:30: Morning Meeting-Keyworkers.
- 9:30: Pupils arrive. Check-in time, toast & energising activity.
- 10:00 – 2:00: 3 main hour long sessions. 12:00 - Lunch.
- 2:00: Parents/Carers are required to attend a summary session to reflect on the days' activities and achievements.
- 2:30- End of day for pupils.
- 2:30 – 3:30: Debrief with Keyworkers.

Week 4

- Home visit/meeting with Parents/Carers.
- They will have the opportunity to discuss their child's progress and targets with the Primary Focus team.

Example Sessions

(Sessions are reviewed and adapted depending on individual needs and targets).

- Anxiety & Worries.
- Empathy & Respect.
- Family Relationships.
 - Friendships.
- Internet Safety.
- Self-Esteem.
 - Sports.
- Zones of Regulation.

Week 6

- Mid-programme celebration.
- 1:45 – 2:30: Parents/Carers & SLT member from the home school are invited to attend a celebration session to discuss positives so far and the next steps moving forward. Certificates awarded.
- Catch me cards reward (PM).

Week 12

- Catch me cards reward (PM).
- 1:45 – 2:30: Parents/Carers & SLT member invited to attend a final celebration session. Certificates awarded.
- Summary Report completed.
- Successful strategies, progress and next steps discussed with school and parents.

Outreach

- Outreach support in pupils' home school at the beginning, middle and end of the programme.
- This is to ensure that pupils are developing and using their strategies and resources effectively.

