

## Belgrave Primary School's Trauma Informed Pledge

Our Trauma Informed approach at Belgrave is based on staff training which started in 2019 and has continued to be prioritised, built upon and reviewed.

Our recent whole staff focus: To use evidence-based research to develop the way children who have attachment needs are supported and our teaching / their learning is adapted, has led to the development of our Trauma Informed Pledge.

This pledge recognises the value we place on ensuring all children are supported to experience an excellent education; academically, emotionally and socially.

### **Our 'why'**

#### **Why we need a Trauma Informed Approach**

- Emotions drive cognitive learning; all children need protective safe havens to feel secure to explore and engage with their learning
- Due to rising numbers of children within our cohorts showing signs of mental health needs
- One third of children have an insecure attachment with at least one caregiver
- All children come to school with different early life experiences
- Less support for children outside school

#### **Our Trauma Informed Approach is...**

- Unconditional regard, trust, choices
- Professional curiosity- what is behind a child's behaviour
- Predictability, stay regulated, routines
- To recognise behaviour is a communication
- To create a safe environment
- To help self- regulation
- A proactive approach to ensure secure relationships from the very beginning
- Recognising all emotions are natural and normal, not always a matter of choice

*"When children feel better. they behave better."* Pam Lee

#### **We are committed to...**

- Recognising, emphasising, validating children's feelings
- Helping children to identify and communicate their feelings
- Encouraging every child to feel valued to enable them to achieve their full potential
- Ensuring all staff in school have a full understanding of Trauma Informed Practice
- Building trust with children and families
- Offering choices which are personalised, recognising that no one size fits all
- Staying regulated
- Creating a safe space; inviting children into our calm, rather than join their chaos

#### **Our priority is...**

- Our children
- Relationships first- form meaningful genuine relationships
- To provide a secure, protective safe haven
- Relentless care
- Children knowing who they can go to as a trusted adult
- PACE strategies (Playfulness, Acceptance, Curiosity, Empathy)
- To build self-esteem and resilience

#### **We will...**

- Listen empathetically and validate children's feelings
- Facilitate calmness
- Be consistent
- Provide gentle challenge
- Support each other
- Show children that we enjoy teaching them
- Remember that our emotional states are contagious