



THRIVE at On Track Westbury

A guide for parents & carers

At our school, every child's emotional wellbeing matters. As an accredited THRIVE school, we use a proven, relational approach that helps children feel safe, understood and ready to learn. This leaflet explains what THRIVE is, how it supports your child, and how we work in partnership with families.

What is THRIVE?

THRIVE is an evidence-based approach that helps adults understand children's emotional development and respond to their needs in a calm, consistent and supportive way. It is especially effective for children with SEND, SEMH needs, developmental gaps or early life challenges.

THRIVE helps us recognise what a child is feeling *behind* their behaviour and gives us practical strategies to help them regulate, relate and grow.

How THRIVE supports your child

- A safe, predictable environment where relationships come first
- Adults who are trained to respond with warmth, attunement and consistency
- Personalised THRIVE action plans that identify what helps your child feel secure and ready to learn
- Daily opportunities for connection, co-regulation and success
- Targeted sessions for children who need extra support with emotional regulation, confidence or social skills

What you can expect from us

- Regular updates on your child's emotional progress
- A shared language for understanding behaviour as communication
- A calm, nurturing approach used by every adult in school
- Support for transitions, anxieties, friendships and emotional regulation
- A whole-school culture that celebrates strengths and builds resilience

How families can get involved

As a parent or carer, you don't need specialist training — small, consistent actions make a big difference.

You can support THRIVE at home by:

- Using calm, predictable routines
- Naming feelings (“It looks like you’re feeling worried...”)
- Offering connection before correction
- Using simple regulation strategies (breathing, movement, sensory breaks)
- Letting us know if anything has changed at home that may affect your child

We are always happy to share ideas, resources and strategies that work well in school - in Autumn 2026 we are planning to run parent-carer workshops on Thrive - if you are interested in attending, please contact Kate Bamford (Family Liaison Officer).

Why THRIVE matters

Children learn best when they feel safe, connected and understood. THRIVE helps us build those foundations so every child — whatever their starting point — can grow in confidence, develop resilience and enjoy learning. Thrive is part of our ethos, our curriculum and our daily practice.

Want to know more?

If you would like to talk about THRIVE, your child's action plan, or how we can support you at home, please contact a member of our THRIVE team:

OTW Thrive Team Leads

Chris Gillam

Ronan Hanna

Katy Bamford