



# TRAUMA INFORMED PRACTICE

**AT OUR SCHOOL, YOUR CHILD'S WELLBEING IS AT THE HEART OF EVERYTHING WE DO. TO SUPPORT ALL CHILDREN TO FEEL SAFE, CONFIDENT, AND READY TO LEARN, WE ARE CONTINUING TO DEVELOP OUR TRAUMA-INFORMED PRACTICE ACROSS THE SCHOOL.**

## **WHAT DOES 'TRAUMA-INFORMED' MEAN?**

A trauma-informed school understands that some children may have experienced difficult or stressful life events such as bereavement, family changes, illness, or other challenges that can affect how they feel and behave. Trauma-informed practice does not assume anything about a child's background; instead, it helps staff to respond with compassion, curiosity, and consistency.

## **WHY IS THIS IMPORTANT?**

Children learn best when they feel calm, safe, and connected to the adults around them. For some pupils, school may be the most predictable and secure part of their day. By using trauma-informed approaches, we aim to create:

- calm and supportive classrooms
- strong, positive relationships between adults and children
- routines that help children feel safe
- strategies that help children understand and manage their emotions

These approaches benefit all pupils, not just those who have experienced trauma.

## WHAT DOES THIS LOOK LIKE IN SCHOOL?

You may notice that staff:

- focus on building warm, trusting relationships
- support children to identify and manage their emotions
- prioritise connection before correction
- use clear routines and expectations
- work with families to understand a child's needs

Our aim is always to help children feel ready to learn, not to blame or shame them for their behaviour.

## HOW CAN PARENTS AND CARERS HELP?

You can support this approach at home by:

- talking to your child about feelings
- helping them understand that all emotions are valid
- working with us if your child is finding anything difficult
- keeping us informed about anything that may affect their wellbeing

We deeply value our partnership with you, and your insight helps us to support your child in the best possible way.

For further information please speak to Mrs Cutler or a Member of the Senior Leadership Team