

Growing Strong Roots

Preparing the soil



Initial suitability meeting

ACTIONS:

- Meet with student and family to explore readiness and suitability.
- Discuss interests, strengths, and challenges.
- Assess academic, emotional, and social needs.
- Identify existing therapeutic involvement.

THERAPEUTIC SUPPORT:

- Emotional readiness check using a strengths-based approach.
- Share information with therapeutic staff for continuity of care.
- Establish trust through empathy and consistency.

Planting the seed



Offer of placement and admissions meeting

ACTIONS:

- Offer placement once suitability is confirmed.
- Hold admissions meeting with student and family.
- Discuss goals, support structures, and expectations.
- Student placed on roll.

THERAPEUTIC SUPPORT:

- Introduce school's therapeutic lead or key worker.
- Develop a Personal Growth Plan with emotional wellbeing targets.
- Agree how therapeutic input will be integrated.

Watering and nurturing



Building relationships

ACTIONS:

- Conduct home visits to build rapport and trust.
- Community visits to reduce anxiety and increase familiarity.
- Introduce student to peers or mentors.

THERAPEUTIC SUPPORT:

- Use relational, trauma-informed approaches.
- Regular wellbeing check-ins and emotional regulation sessions.
- Family support or signposting to ensure consistency.

Sprouting



Orientation and induction

ACTIONS:

- Provide guided tours and introductions to key staff.
- Offer gradual induction with flexible timetable.
- Start light academic and practical activities.

THERAPEUTIC SUPPORT:

- Daily check-ins with trusted adult or mentor.
- Support anxiety management and transitions.
- Access to calming spaces or sensory regulation resources.

Growing stronger



Assessment and structured learning

ACTIONS:

- Complete baseline assessments (academic, social, emotional).
- Introduce structured learning suited to readiness.
- Regular progress and wellbeing reviews.

THERAPEUTIC SUPPORT:

- Continue 1:1 or small group therapeutic sessions.
- Liaise with therapeutic professionals for holistic planning.
- Reinforce resilience and self-esteem building.

Blooming



Building attendance and routine

ACTIONS:

- Gradually increase attendance towards full-time.
- Encourage group participation and enrichment activities.
- Maintain consistent home-school communication.

THERAPEUTIC SUPPORT:

- Ongoing access to therapeutic sessions.
- Use wellbeing monitoring tools (mood trackers, check-ins).
- Focus on developing healthy routines.

Flourishing



Full integration

ACTIONS:

- Full participation in daily routines and learning.
- Opportunities for leadership or mentoring.
- Regular reviews and family engagement.

THERAPEUTIC SUPPORT:

- Periodic wellbeing reviews and maintenance therapy.
- Encourage independence and self-advocacy.
- Continue access to wellbeing support as needed.

Harvest



Reflection and Ongoing Growth

ACTIONS:

- Reflect with student and family on achievements.
- Identify ongoing support needs or next steps.
- Celebrate milestones and successes.

THERAPEUTIC SUPPORT:

- Reflective session on emotions about progress.
- Plan continued wellbeing support or check-ins.
- Reinforce identity, pride, and resilience.