



A Quiet Place®
Mental Health and Well Being
Supporting Schools both Nationally and Internationally

School Improvement From Good to Outstanding

SMSC, Personal Development, Behaviour and Welfare.

Every School a Good School – A Policy for School Improvement

A Quiet Place's commitment to the delivery of improvement initiatives over the past 18 years with **transformational evidence based programmes** is well established.

Using a 'train the trainer' model which allows 'in-house' delivery which is both inclusive and non-stigmatising, **guarantees improvement in behaviour and well being.**



What works: Award winning Innovation programme which offers:

- Clear evidence in the reduction in low level behaviour issues & disruption
- Improvements in teaching & learning by support for well being of staff

Our programmes are designed for the minimum time out of the regular curriculum for the maximum impact on learning and performance. Delivered by existing staff that are trained to deliver the programmes in order to pass on the expertise to the school or organisation; we then offer a support package to enable them to cascade the programmes into each class and continue to support that delivery.



Known for working with the most difficult issues in house we have also developed a number of other programmes which add value to schools ever changing policy demands:

- Designed to fill in the gaps as well as to stand alone
- Differentiated & personalised for all ages & abilities
- Holistic & inclusive
- Sustainable

leaving a legacy of positive change both for the pupils, families and staff.



A Quiet Place®
www.aquietplace.co.uk

Mental Health Agenda

The increasing concerns for mental health support in general are well known. Whether delivering one to one sessions, small groups or full classes, AQP's unique approach supports the reduction of anxiety for the prevention of stress related issues. It will also encourage the brain to learn.

Using methods ancient and modern from the latest Bio feedback software programmes including Heartmath to Mindfulness from Ready Steady Learn to Magic Carpet, we prepare the pupils for learning by teaching concentration, listening and following instructions whilst having fun. This will encourage every young person to fulfill their potential at each stage in their development.



Outcomes include:

- Performance & motivation
- Emotional Intelligence & literacy
- Managing behaviour & understanding the science of emotion
- Self: Esteem, Awareness & Confidence
- Communication skills: verbal & non verbal
- Resilience & Empathy

Our programmes are all designed to improve teaching and learning, performance and motivation with underpinning support for pupils, families and staff. They fulfill:

1. **SMSC** stands for **spiritual, moral, social and cultural development**. An 'outstanding' school will have a 'thoughtful and wide-ranging promotion of pupils' spiritual, moral, social and cultural development'
2. Personal development, behaviour & welfare
3. Leadership & staff welfare
4. Safe guarding

Our offers include:

- Self Management & Sanctuary
- Ready Steady Learn
- Mindfulness & Reflective Practice
- Peer Massage in Class
- Magic Carpet
- Theta
- Lost Art of Story Telling
- The Art of Parenting
- Well Being for Staff
- Reflective Practice & Retreat
- Full AQP
- Bespoke Package
- Consultancy

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