



ROUTE TO RESILIENCE

IN SCHOOL | AT HOME | FOR LIFE

"In my monitoring of schools, I am seeing the impact of this approach on learning, teaching, behaviour, attitudes, communities and lives. Hugely important-truly inspiring. Thank you."

- Ralph Wood, School Effectiveness Officer, Diocese of Leicester Academy Trust -

Introduction

Thank you for expressing an interest in Route to Resilience (R2R). We are excited about working together to further develop your work on character and resilience to support children and young people's emotional wellbeing and achievement.

The structure of the programme is based on Public Health England's whole-school approach, which places leadership and management at the centre of a model designed to have maximum benefit throughout the school. This work is **fully-funded** as part of the national Future in Mind strategy and open to all state-maintained and state-funded schools and colleges in Leicester, Leicestershire and Rutland.

The purpose of this document is to provide information about the development time and staffing commitments required by the programme. The document also details how schools work together throughout the programme and our commitments to you. If you have any questions about any of the commitments below, please do not hesitate to get in touch.

Returning the form on the final page is the last step in confirming your place on the programme for 2018/2019. Places will be allocated on a first come, first served basis, taking account of geography and school phase distribution. If we are unable to allocate a place for you in 2018, you will be guaranteed a place for a September 2019 start.

Organisation of the Programme

Schools will be grouped into cohorts of between 10-15 schools who will progress through the programme schedule together. This structure will ensure peer-to-peer support and learning to maximise the impact of the programme. Where you are part of an existing group of schools you may request to join the same cohort. Schools that join individually will be grouped primarily based on school type and geographical proximity.

An indication of the involvement required from leadership and other staff is detailed below. We ask that you only commit to the programme this year if the schedule fits with your wider school development plan and your time commitments for the year ahead.

Your Commitments

- **Headteacher / Principal (or deputy) to attend a cohort meeting of 2½ hours each half term.** These meetings (6 in total) will be hosted at one of the schools from within each cohort. The effectiveness of the programme relies upon leadership co-ordination throughout the year, and these meetings build upon the content and reflect upon and share good practice within schools. **Up to two people** from each school can attend these meetings, so ideally the head and another member of the senior leadership team would attend the first session. If you are unable to attend the meeting scheduled for your cohort of schools, you will be invited to attend the same meeting being held for an alternative cohort. If no representative is able to attend more than one of these meetings (or the offered alternative) your school may no longer be eligible for R2R accreditation at the conclusion of the year.
- **Following each leadership meeting** the delegates will lead a staff training session to cascade ideas and strategies using the resources provided at each network session.
- **In addition to the meetings above** you will nominate at least one member of staff to receive a total of four training sessions (two half-day and one whole-day) with the Centre for Fun and Families Ltd (CFF). This member of staff will then run at least two parent / carer events with parents in school. In the first leadership session, we will discuss identifying the right member of staff to lead on this aspect of the work.
- **Review** other aspects of the implementation of the whole-school approach, including pupil voice, staff development, parental involvement, ethos and environment etc. as part of the embedding process.
- **Review** and / or make use of practical resources and national strategies highlighted by the programme.
- **Use simple evaluation tools** provided (i.e. an online survey provided by us) at the start and end of the programme to evaluate the impact of the programme.
- **Provide simple data** to help us evaluate the reach of the programme such as the number of staff trained, parents attending workshops etc.
- **Be willing to act as a venue** to host at least one network session for your cohort to distribute the network events between participating schools.

Our Commitments

- **Provide high quality**, research-based, training and materials for use with staff and pupils. These will be licensed for copying and distribution within each participating school.
- **Provide you** with details of each event for your cohort. Where you are unable to attend a scheduled event, we will provide details of an alternative session for you to attend as a guest.
- **Offer a 'Live CPD' event** to each cohort as part of the programme. This taught session will either be with a class of pupils from within the cohort or comprised of two or three pupils from each school within the cohort. Resources will be provided to replicate this lesson in school as part of the staff development aspect of the work. School have found seeing the principles in action to be invaluable.
- **Award Route to Resilience accreditation** to all schools who complete the programme and meet its objectives.
- **Provide contact** online and by phone throughout your engagement with the programme and answer all enquiries quickly and effectively.
- **Highlight good practice** from schools within the programme.
- **Signpost schools** towards other appropriate resources and programmes locally that may help further develop your knowledge and provision.



Agreement Form

Please accept this as confirmation that our school would like to accept a place on R2R for 2018/2019. We appreciate the time and development commitments required for participation and confirm that the headteacher / principal (or deputy) will be able to attend the meetings as described, and nominate a member of staff to attend the Centre for Fun and Families sessions as detailed.

Forms can be scanned or photographed and returned to info@routetoresilience.co.uk or posted to Route to Resilience c/o The Centre for Fun and Families, 177-179 Narborough Rd, Leicester LE3 0PE. We will be in touch to confirm receipt of the form and then to confirm your place in the programme.

School Name [PLEASE PRINT]	
Headteacher / Principal Name [PLEASE PRINT]	
Headteacher / Principal Email Address [PLEASE PRINT]	
Headteacher / Principal Signature	
Grouping Preference [Please state any schools that you would like to travel through the programme with e.g. MATs, teaching alliance, family of schools etc.]	

If you have any questions please email info@routetoresilience.co.uk or telephone 0116 223 4254.

