



Wednesday 10th September, 2025



Dear Parents and Carers,

I hope you all had a wonderful summer break and enjoyed some quality time with your family. It was brilliant to welcome the children back to school last week; we are very much looking forward to the term ahead.

As we begin this new school year, I'm excited to share an exciting development in our pastoral care offer. This term, we will be embracing the 'Thrive' approach as part of our ongoing commitment to supporting every child's emotional and mental wellbeing.

At Kingstone we recognise how important good mental health and emotional wellbeing are for each member of our school community. We believe that mental health affects our lives just as much as physical health, and it plays a vital role in a child's ability to learn, grow, and thrive both inside and outside the classroom.

Throughout their school journey, children experience a range of emotional ups and downs—and at times, some may face significant life challenges. By introducing the Thrive approach, we aim to strengthen the support we already provide, ensuring that every child feels safe, understood, and ready to learn.

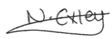
As a Thrive licensed practitioner, I will be delivering both 1:1 and class based Thrive sessions across the school. These sessions are designed to help children develop emotional resilience, build positive relationships, as well as supporting them to feel confident and ready to learn.

We are confident that embracing Thrive will only strengthen the pastoral care we already provide. The values behind Thrive—helping children feel safe, supported, and

ready to learn—mirror our ethos at Kingstone, and we're excited about the positive difference it will make.

In the coming weeks, on the school website you will find further information about Thrive. In the meantime, if you have any questions, please do feel free to get in touch.

Warm regards,



Natasha Exley

Pastoral and Sports Lead