

THE RESILIENCE PROJECT – KS4

WHAT'S IT ABOUT?

The Resilience Project is a KS4 academic, therapeutic and pastoral programme designed to refocus pupils whilst building resilience & self-esteem and encouraging positive life choices. The programme is designed to run alongside pupils' mainstream education.

A termly small group (max 6 pupils) programme which runs alongside mainstream education, designed to support Year 11 pupils who are at risk of underachieving due to anxiety linked behaviours (SEMH – but presents as withdrawn, school refusal, high level anxiety).

Included in the programme is:

- **Three full days per week (15 hours in total) of support at a Raedwald Trust site in Ipswich and Bury St Edmunds**
 - GCSE/Functional Skills English & maths
 - Careers & post-16 pathway support
- Bespoke PSHE programme which includes mental health awareness, building self-esteem, exam stress, online safety, healthy relationships, transitions, exploitation and radicalisation
 - Workplace visits
 - Enrichment opportunities eg. cooking
 - Guest speakers

The programme targets specific challenges faced by young people whilst focusing on how to make positive life choices in order to improve life chances both in school and the community.



Profile of pupil: Year 11 / social & emotional difficulties / at risk of exploitation / at risk of underachieving

For further details, please contact Alice Crozier-Green acrozier-green@raedwaldtrust.org or Louise Chapman lchapman@raedwaldtrust.org

HOW TO APPLY:

Referral forms are available from the Raedwald Trust website: <https://www.raedwaldtrust.co.uk/referrals-admissions/> and should be submitted by schools to: referrals@raedwaldtrust.org

COST:

The total cost for 3 full days per week is **£550** per pupil
(Pupils must attend for a minimum of one term)

WHERE:

At one of the Raedwald Trust sites in Ipswich and Bury St Edmunds

Year 10 referrals will be considered

Third party provider/enrichment costs not included

www.raedwaldtrust.org