

Mental health support for Devon



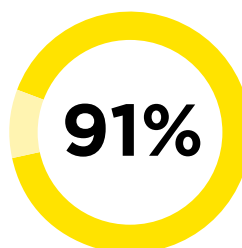
Mental health and well-being amongst the youngest members of our population continues to be a growing issue year on year with the latest figures suggesting that as many as '1 in 6 children is likely to have a mental health problem' (The Children's Society). Stormbreak® is a registered charity in England and Wales that provides training programmes for trusted adults in schools and other settings to help support children's mental health and wellbeing through movement. It can be utilised in universal and targeted contexts and help schools to change the way that schools, families and communities promote movement to support the development of mental health. Stormbreak offers your school a sustainable solution to support the mental health and wellbeing of the pupils in your care and allow them to develop the skills they need as they grow in our complex world.

Stormbreak Surge training

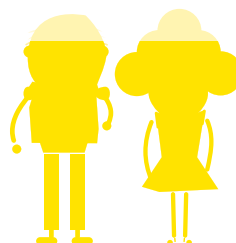
Embedding mentally healthy movement in every school, for every child, every day

Stormbreak surge is a school staff training programme to make movement simple, inclusive and accessible and equip staff with the delivery confidence to incorporate mentally healthy movement strategies into the daily life of the whole school. It removes barriers to participation and enhances perceptions of the worth of movement in schools for teachers, staff and children, through the delivery of purposeful and intentional movement that is focussed on mental health and establishment of an effective whole school empowering environment. The stormbreak surge programme leads a school community through the principles and practicalities of embedding stormbreak to ensure long lasting, impactful and sustainable change.

What teachers and support staff say...



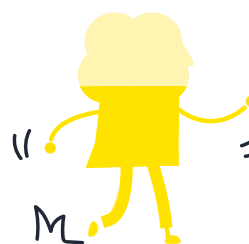
enjoyed taking part in the stormbreak activity.



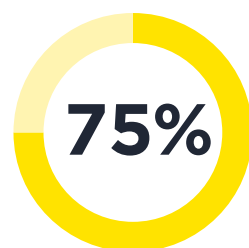
92% said that stormbreak facilitates a **connection between children and school staff.**



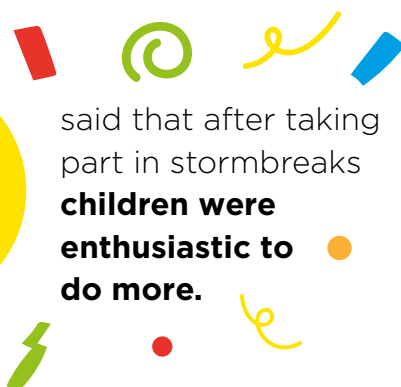
identified stormbreak as being **useful to support positive feelings or emotions.**



69% said that **children were relaxed** after taking part in stormbreaks.



said that after taking part in stormbreaks **children were enthusiastic to do more.**



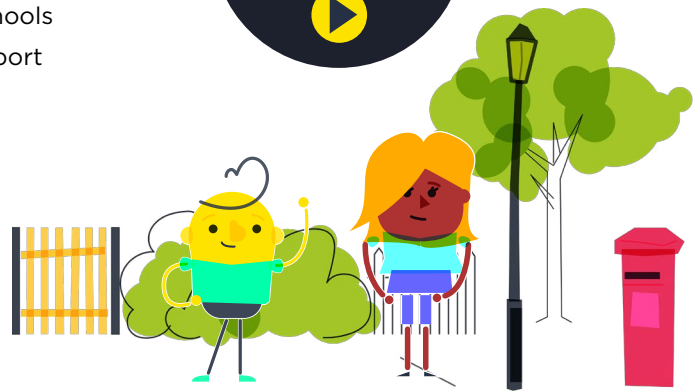
The offer

At a time when children and schools need it the most, stormbreak CIO have received funding to support primary schools in Devon through the stormbreak Surge programme. Stormbreak supports primary schools to develop meaningful, effective and impactful strategies to support children and young people's emotional and physical wellbeing.

The Surge programme usually costs £1500 but funding support from Active Devon means we are able to offer the training at a **reduced cost of £300 - that's a whopping 80% discount**, (a truly impactful and sustainable way to use your PE and Sport Premium) for up to 10 schools.

For more details contact - darryl@stormbreak.org.uk

Watch a
testimonial
video here



To read our 2022 Surge insight report click [here](#) >

Become a stormbreak school...apply now

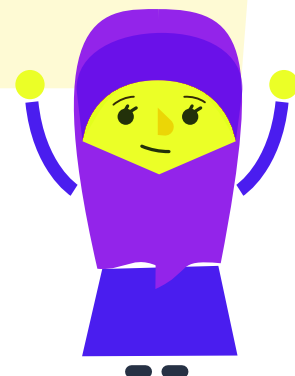
We are currently recruiting for schools from Devon to join our training between April and July 2024.

Stormbreak provides a comprehensive training programme for education professionals, a mentally healthy movement activity resource and support for embedding the approach to positively shape the entire school culture. This is a great opportunity for your school to be a pioneer in your locality by engaging with stormbreak which provides a practical and sustainable approach to the support of mental health and wellbeing for children in your care.

The 12 week stormbreak Surge school programme includes:

- Mentally healthy movement rationale and training
- Digital support through the stormbreak online platform
- 6 school advocate network support sessions
- Staff meeting/inset for whole school
- 15 stormbreak resource packs
- Access to library of pre-recorded stormbreak videos
- Opportunity to engage with ongoing research
- Additional website dashboard functionality
- Support for shaping the school culture through 3 expert leadership sessions

**Act Now
Limited
spaces
available**



Register your interest by Friday 8th March 2024 by following this **link** and completing the form.

**For more information please
email darryl@stormbreak.org.uk
or visit stormbreak.org.uk**



stormbreak®