



Downside Primary School

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Wisdom Drops

We have used Wisdom Drops for a number of years at Downside Primary School.

Chloe Ansell supported our school to set up systems and processes across the school linked to children's mental health and wellbeing. Chloe supported the school's thinking, helped recruit staff and trained staff in the school's vision for wellbeing. As a result, we set up a highly successful wellbeing provision at our school.

Unlike many other Consultants, Chloe has stayed engaged and supportive of the school's subsequent journey by providing regular, safe, reflective spaces for staff to discuss their successes and challenges. During these reflective spaces, Chloe has supported and guided the team to think more therapeutically about more complex cases, ensuring that when the session is finished the team have new learning and clear next steps.

Another approach which the school has used is a Headteachers' Wisdom Circle – where a group of Headteachers from local schools met half termly. During each Wisdom circle, Chloe presented some new therapeutic learning, based on predetermined areas which we, as Heads, wanted to work on – one of which was managing stress. Despite having incredibly busy diaries, Wisdom Drop sessions were a highlight in our diaries – each of us knowing that it would be an invaluable opportunity to learn more about neuroscience / the brain, why we react as we do and identify personal ways forward. In addition, there was always time to share experiences and seek solutions for particular anxieties.

Chloe's approach has always been very flexible and she has been able to support a number of individuals in the school, including myself, our Assistant Headteacher for Pastoral, Learning mentors, Family workers and class teachers.

K. Hooker

