



STOORRM

ONE DAY OR DAY ONE

YOU DECIDE



Fear has two meanings:
Forget Everything And Run
Or
Face Everything And Rise

EMBRACE THE STOORRM

Why do you need STOORRM?

- An estimated three children in every classroom has a diagnosable mental health problem. This rises to one in four children when we include emotional distress.
- Suicide is the most common cause of death for boys aged between 5 and 19, and the second most common for girls of that age.
- Rates of depression and anxiety in teenagers have increased by 70% in the past 25 years.
- The number of young people calling Childline about mental health problems has risen by 36% in the last four years. (Young Minds National Children's Bureau)
- In line with this increase there has been a steady decline in mental services over the last 5 years. Schools are now expected to take an active role in identifying and supporting early mental health needs.
- STOORRM will help to address some of these concerns, it is more than just a pastoral intervention, it teaches wellbeing strategies for life.
- STOORRM is accessible to all students regardless of ability, needs, or circumstance.

STOORRM Metacognition skills for life

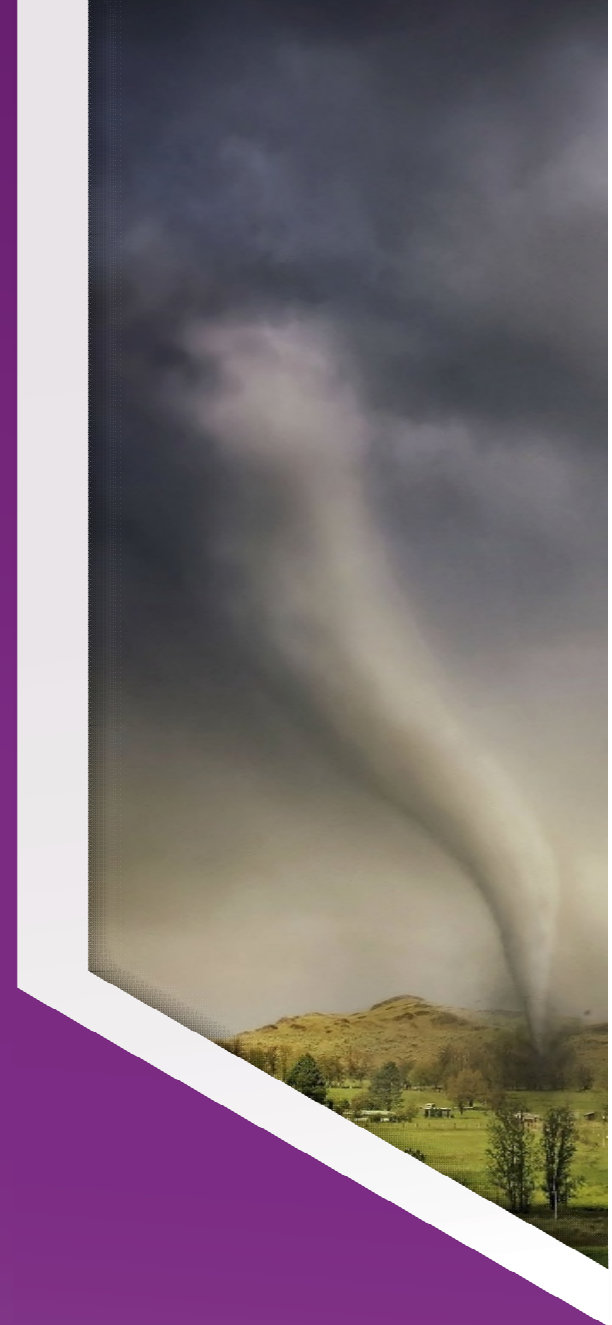
- STOORRM is a metacognition programme.
- Metacognition is free, it does not require an app, or an update, just the courage to think and learn from the wisdom of others.
- STOORRM encourages a growth mindset and helps to promote social, emotional, mental, physical, spiritual and educational wellbeing.
- The STOORRM programme is designed to encourage individuals to be lifelong learners and reach beyond the barriers that they set for themselves.

What is Metacognition?

- Metacognition is a psychologists term for thinking about thinking, STOORRM encourages the learner to think beyond thinking without over thinking!
- We often teach students what to learn but not how to think.
- By teaching Students how to think and how to process their thoughts, we give them the skills to solve problems and remove barriers.
- Metacognition programmes are proven to work and people who demonstrate a wide range of metacognitive skills make more progress and better life choices.
- STOORRM focuses on developing metacognitive skills using individual learning preferences and enjoying the journey to self development.

How does STORRRM work?

- STORRRM Metacognition skills are taught in 6 steps
- STOP
- THINK
- OBSERVE
- OVERCOME
- REMEMBER
- REFLECT
- MASTER



STOORRM and the 5 R's for successful learning

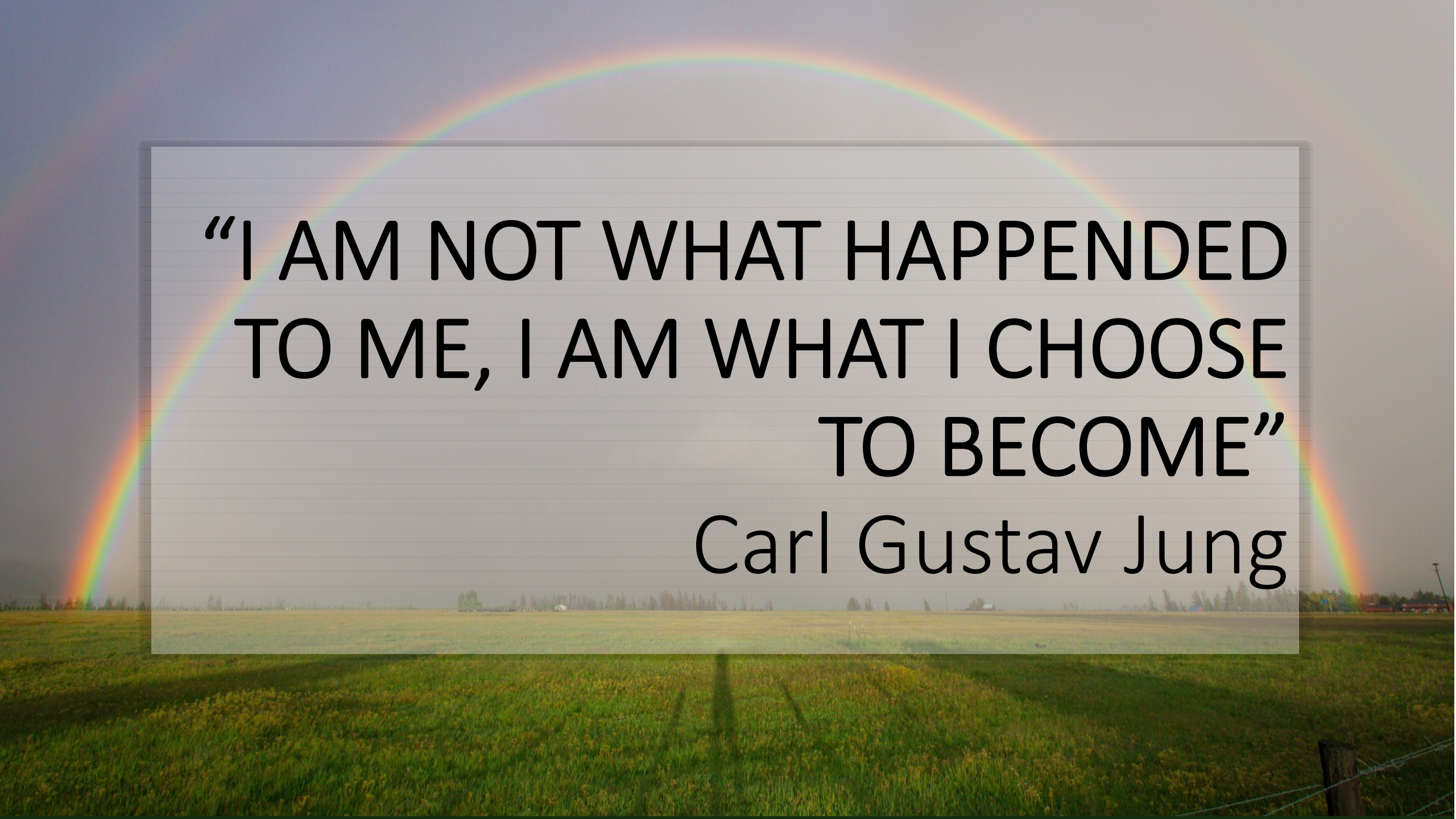
- Ready: Stop and Think
- Resourceful: Observe
- Resilient: Overcome
- Remember: Remember
- Reflect: Reflect and Master

How is STOORRM delivered?

- One or two STOORRM leaders deliver a one hour session once a week.
- One or two STOORRM leaders deliver a one day workshop.
- Small groups of no more than 8-12 “STOORRMERS”
- Groups should be no more than a school year apart..year 7 and 8, year 8 and 9 etc.
- STOORRM leader to deliver an out of hours parent session. Feedback on child's learning preference and Metacognitive ability. Provide parents with their own VARK analysis.
- Offer weekend and out of hours family sessions.
- We achieve a 75% uptake on each parent session offered.

The Successful STOORRM

- On entry to the programme students are asked to complete a metacognitive ability test. This is repeated at the end of the programme.
- Results indicate a 88.5% improvement in metacognitive ability. Other indicators of success include improved attendance, behaviour and attainment.
- Students enjoy the time they spend in STOORRM sessions,
- “I felt that it was really helpful and worked well. Also it was really enjoyable, it helped me to stay calm in different situations”
- Parents find it invaluable and are keen to take part,
- “The separate meeting held for parents allowed myself to understand the key features of STOORRM and I did state at the time it should be also ran as a full workshop for parents and ALL children”



“I AM NOT WHAT HAPPENDED
TO ME, I AM WHAT I CHOOSE
TO BECOME”

Carl Gustav Jung

Who to train, why and what you get?

- Anyone can train to be a STOORRM leader, however choosing the right person to train is key to successful delivery.
- Be mindful of the time commitment involved in delivering sessions when deciding who to train. Mentors, HLTA's, LSA's, year Heads, Mediators, counsellors, SEN team are all good choices.
- The right person/s to train should have the confidence to deliver to small groups (although this is covered in the training) and be empathetic in nature.
- STOORRM leaders will receive a certificate on completion of the course and will be added to the STOORRM practitioners group, as well as supervision being provided for an initial period.
- All course materials are provided in both paper and PDF format.

Costs, Commitments and the Future

- STOORRM Training is a one day session with lunch and refreshments provided.
- Course materials and session delivery plans will be provided.
- Ongoing support and professional development via membership of the STOORRM practitioners group (meeting dates and times TBC)
- Introductory cost of £95 per head (increasing 6 months from launch)
- Future Development plans include STOORRM ACTIVE, STOORRM book for students, STOORRM family sessions.
- To register your interest please call Bosworth Academy 01455 822841 or email zaherne@bosworthacademy.org.uk. A list of training dates will be provided.



“I AM”

Two of the most powerful words. What you put after them shapes your reality.



“Education is not the learning of facts, but the training of the mind to think”
Albert Einstein



“The pessimist complains about the wind. The optimist expects it to change. The realist adjusts the sails”
William A Ward

