

THE SACRED HEART LANGUAGE COLLEGE

Roman Catholic Diocese of Westminster

The High Street, Wealdstone, Harrow, Middlesex, HA3 7AY

Headteacher:
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23rd January 2026

Dear Parents and Carers,

Introducing the Thrive Approach and Early College Closure – Friday 13th February

We are writing to inform you about an important initiative we are introducing at the college called the Thrive Approach, which is designed to support the emotional wellbeing, mental health, and personal development of our students.

What is the Thrive Approach?

The Thrive Approach is a whole-college, evidence-based programme that helps young people to develop resilience, emotional regulation, confidence, and positive relationships. It supports staff in understanding behaviour as communication and in responding in ways that help students feel safe, supported, and ready to learn.

What are the benefits for students?

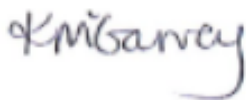
By embedding the Thrive Approach across the college, we aim to:

- Improve students' emotional wellbeing and self-esteem
- Support positive behaviour, relationships and interactions for all
- Enhance engagement with learning
- Equip students with lifelong skills to manage challenges and emotions
- Create a calm, consistent and supportive learning environment for all

To ensure all staff are fully trained and confident in delivering this approach, the college will close early at 12:00pm on Friday 13th February to allow for a whole-staff training session. The morning will consist of normal lessons 1-3. Students will have an extended break time so they can have food and FSM entitlement. We appreciate your understanding and support with this early closure, which is a vital step in ensuring the success of this initiative.

We are very excited about the positive impact the Thrive Approach will have on our college community and look forward to working in partnership with you to support our students' wellbeing and success.

Yours sincerely,



Mrs Karen McGarvey
Deputy Headteacher and Designated Safeguarding Lead.