

Arrow Blog Learning Together

Lessons of the Mind

Staff at South Dartmoor have been experiencing Science lessons of their own this year – Neuroscience! Across the College we have been leading professional development sessions to help our staff to gain greater understanding of the human brain to support us in our approaches to understanding behaviour responses.

We are always striving to support our learners in gaining personal and academic growth during their time with us. We know that brain function is what enables us to learn and also to engage socially so we've sent our teachers back to school to learn about how the brain functions to better help our students in their own development and in engagement with learning.



As a College we are committed to supporting mental health and well-being for students and staff, and as such it is one of our key priorities. We are proactively exploring creative approaches to guide our students in being able to 'regulate' their own behaviours for learning to enable high performance whilst also gaining greater understanding of behaviour responses so we can support students' well-being.

We have designated staff members who support our student body through a range of provisions from Mindfulness practice to Wellness Coaching. All of our staff have received training in Emotional Logic (to better understand emotional responses when things go awry) and Well Being approaches (to offer a framework for our students to use to support 'regulating' the brain to enable solution focused behaviour therapy). Some of our students even have designated Learning Coaches to enable them to take positive action in managing themselves and attaining their goals.

Fundamentally we believe that better relationships lead to better learning – by building a learning environment where relationships can flourish, we can better connect, understand and care for our students during their learning journey.

