

# stormbreak surge primary school programme:

embedding mentally healthy movement, every day for every child.

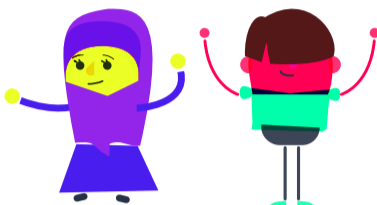


Stormbreak provides a comprehensive training programme for education professionals, a mentally healthy movement activity resource and support for embedding the approach to positively shape the entire school culture.

## stormbreak surge...

### Surge training programme:

Stormbreak surge is a school staff advocate 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.

### The 12 week stormbreak Surge school programme includes:

- Mentally healthy movement rationale and training
- Digital support through the stormbreak@home platform
- 6 school advocate network support sessions
- Wider whole school rollout session resources
- Support for shaping the school culture through 3 expert online leadership sessions
- 13 stormbreak comprehensive resource and delivery packs
- Access to library of pre-recorded stormbreak videos
- Opportunity to engage with ongoing research
- Additional website dashboard functionality



Watch our testimonial video here 

Please click [here](#) to read an example cohort report to see the difference stormbreak is making in schools.

## How much does it cost?

The cost of our surge and digital programme is £1500. Signing up for our Surge training programme is an ideal use of PE and sports premium funding. Click [here](#) to read more about how stormbreak meets many of the fundings key indicators.

Please contact [darryl@stormbreak.org.uk](mailto:darryl@stormbreak.org.uk) if you are interested in our training, or would like to find out more.

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[stormbreak.org.uk](http://stormbreak.org.uk)



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