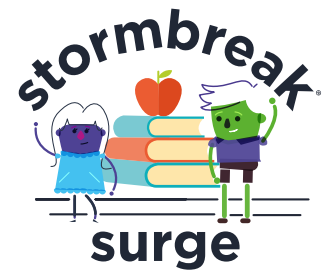


Stormbreak[®]

Embedding mentally healthy movement in every school, for every child, every day



Mental health and well-being amongst the youngest members of our population continues to be a growing issue year on year with the latest figures suggesting that as many as **'1 in 5 children is likely to have a mental health problem'**.

(NHS Digital Nov 2024)



Who are we?

We know schools need practical, sustainable resources to support their pupils' emotional wellbeing, and we are here to help.

Stormbreak is a registered charity in England and Wales that provides training programmes for trusted adults in schools and other settings to help support children's mental health and wellbeing through movement. It can be utilised in universal and targeted contexts and help schools to change the way that schools, families and communities promote movement to support the development of mental health. Stormbreak offers your school a sustainable solution to support the mental health and wellbeing of the pupils in your care and allow them to develop the skills they need as they grow in our complex world.

"Stormbreak has given children the language to use, to share how they're feeling. It's given them the tools to do that"

"We've had to make really small changes and the impact has been huge"

"I absolutely love stormbreak and it has made a real difference to both the adults and children at school"

"We are really enjoying stormbreak and it is continuing to have a massively positive impact in school"

Surge & Surge Light

Stormbreak Surge & Surge Light are school staff training programmes that 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. They remove barriers to participation and enhance 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 and Surge Light programmes lead a school community through the principles and practicalities of embedding stormbreak to ensure long lasting, impactful and sustainable change.



96%

of participants said that when children do stormbreaks, their engagement helps them to create a positive learning environment (readiness for learning)



		
Mentally healthy movement rationale and training	✓	✓
Direct support from the stormbreak team	✓	✓ (Through emails)
Digital support through the stormbreak online platform	✓	✓
Six school advocate network support sessions	✓	✓ (Self-led)
Staff meeting/inset resources for whole school training	✓	✓
13 stormbreak resource packs	✓	✓ (Downloadable)
Access to library of pre-recorded stormbreak videos	✓	✓
Opportunity to engage with ongoing research	✓	
Additional website dashboard functionality	✓	✓
Four months access to stormbreak Plus	✓	
Support for shaping the school culture through Three expert leadership sessions	✓	
Opportunity to meet and engage with other schools	✓	
Cost	£1500 one off cost*	£550 one off cost*

*Please note that there is an option to join stormbreak Plus which has an annual subscription. This is not a requirement and you will be able to deliver stormbreak in your settings without this additional resource. **For more information about stormbreak Plus click here.**

100%

of participants said...

- that stormbreak supports the connection between children and the staff who lead stormbreak sessions
- they were confident to lead the process of showing colleagues how to use stormbreak



87%

of participants said...

- that having conversations about feelings and wellbeing was easier since doing stormbreaks
- that when children do stormbreaks, they engage in team work most of this time, amongst each other, as peers
- they felt confident that their whole school approach to mental health and wellbeing was enhanced through stormbreak

Watch our testimonial video here 

Click [here](#) to read the 2022 Surge Insight Report and see the difference stormbreak is making to schools.

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 if you are interested in our training, or would like to find out more.



stormbreak