

# stormbreak surge primary school programme:

embedding mentally healthy movement, every day for every child.



Programme now full for September 2021  
Limited spaces available for October 2021

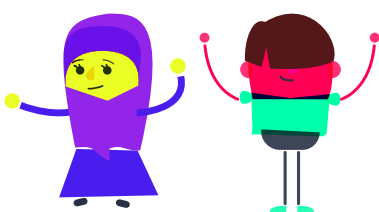
Only 10 spaces available for primary schools

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
- 5 school advocate network support sessions
- Wider whole school rollout session
- Support for shaping the school culture through 3 expert leadership sessions
- Half day practical workshop for school advocates
- 15 stormbreak comprehensive resource and delivery packs
- Access to library of pre-recorded stormbreak videos
- Opportunity to engage with ongoing research
- Additional website dashboard functionality



Click here to read our *emerging impact report* to find out more about the difference stormbreak is making in schools.

Watch our testimonial video here

### Meet the team:

**Dr Martin Yelling, Founder & CEO of stormbreak**

Martin is a former teacher.

**Darryl Walsh, School Ops Director**

Former Primary School Headteacher.

**Clare Williams, Mental Health Lead**

Educational Psychotherapist & Teacher.

**Kate Bone, Lead Coach**

Running Coach, Run Leader Mentor and Mental Health Champion for England Athletics.

"If I have a bad day, I do a Stormbreak activity and it makes me feel a lot better"



"It's really nice to connect with each other and with our teachers"

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.



stormbreak