

Roots

H O L I S T I C H E A L I N G

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## Primary Education Offer

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*'A complete wellbeing and wellness  
programme for your children  
and their families'*

**Roots Holistic Healing Ltd**

[www.rootsholistichealing.co.uk](http://www.rootsholistichealing.co.uk) [enquiries@rootsholistichealing.co.uk](mailto:enquiries@rootsholistichealing.co.uk)

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# Transform Student Well-being with Our Expert-Led Wellness Sessions

In today's fast-paced and ever-changing world, the well-being of our young people has never been more important.

Introducing Jayne and Nicola, two dedicated professionals with a passion for fostering the holistic development of children through tailored wellness sessions in primary education.



## Why Choose Roots?

1. Fully DBS Checked for Your Peace of Mind
  - Both Jayne and Nicola are fully DBS checked, ensuring the highest standards of safety and security for your students.
2. Vast Experience Across Age Groups and Settings
  - With years of hands-on experience, Nicola and Jayne have successfully worked with children of all ages. Their diverse backgrounds include both educational settings and various other environments, enabling them to connect with and understand the unique needs of each child.
3. Qualified Reiki and Wellness Practitioners
  - Nicola and Jayne are not only wellness practitioners but also qualified Reiki practitioners. Their comprehensive qualifications in holistic and complementary therapies allow them to offer a unique and effective approach to supporting well-being.

## Funding Your Sessions

Owing to the 'Mindful Movement' element of our sessions, the cost of our packages can be partially met using your sports premium funding. This ensures your school can enhance pupil well-being without the burden of additional financial strain.

# Happy Minds Foster Happy Futures



At Roots Holistic, we are deeply committed to nurturing the growth of confidence and emotional stability in children. Our tailored programs are designed to create a supportive environment where every child feels valued and understood. We focus on:

- Empowering Self-Expression: Through arts, crafts, and tailored activities, we encourage children to express themselves creatively, building self-confidence and self-awareness.
- Building Resilience: Our programs teach children essential skills like empathy, problem-solving, and emotional regulation, helping them navigate challenges with resilience.
- Providing Emotional Support: Children receive the guidance they need to manage their emotions and develop a healthy sense of self.
- Fostering Positive Relationships: We promote a culture of kindness and inclusivity, encouraging positive interactions among peers to create a safe and nurturing community.
- Encouraging Mindfulness: Mindfulness and relaxation techniques help children understand and manage their emotions, leading to greater emotional stability and inner peace.

**We believe that with the right support and resources,  
every child can thrive emotionally and develop the  
confidence to reach their full potential.**

# Educational Offer

Elevate your pupils' wellbeing with Roots Holistic!

At Roots Holistic, we understand that the wellbeing and wellness of your pupils are paramount. Our comprehensive approach is designed to support not only the children but also their families, creating a nurturing environment that fosters growth, happiness, and success.

## 1. Comprehensive Wellness Programs:

We offer a range of programs tailored to promote mental, and emotional health among primary school children. Our initiatives include:

- Mindfulness and Relaxation Techniques: Introducing mindfulness practices to help children manage stress and enhance focus. 'Mindful Movement' is incorporated into sessions to provide children with a sense of physical release, it also helps to develop co-ordination and balance.

- Guided Meditation: Children's meditation involves simple, age-appropriate techniques to help young minds achieve calmness, focus, and emotional balance. These practices include guided imagery, deep breathing exercises, and mindfulness activities. Sessions often feature storytelling, visualization, and gentle movement to keep children engaged.

## 2. Emotional and Mental Health Support:

Our experts provide essential tools and resources to support emotional wellbeing:

- Social-Emotional Learning (SEL): Programs designed to teach empathy, relationship skills, and emotional management.

- Mental Health Education: Workshops aimed at reducing stigma and encouraging open conversations about mental health.

## 3. Community and Family Engagement:

We believe in the power of community in fostering wellbeing:

- Parental Involvement: Workshops and resources to help parents support their children's wellness journey.

- Community Partnerships: Collaborations with local organisations to provide additional resources and enrichment programs.



## Benefits for Your School

- Improved Student Performance: Healthier, happier students are more engaged and perform better academically.
- Reduced Absenteeism: Wellness programs lead to fewer health-related absences.
- Enhanced School Reputation: A commitment to holistic wellbeing sets your school apart as a leader in education and student care.
- Stronger Community Bonds: Engaging families and the community fosters a supportive and collaborative environment.



## Our Commitment

At Roots Holistic, we are dedicated to providing the highest quality programs and support. Our team of experienced professionals works closely with your staff to ensure seamless integration and maximum impact.

Let's work together to create a brighter, healthier future for your families. We would love to discuss how Roots Holistic can tailor our programs to meet your school's unique needs.

**Contact us today to arrange a free consultation  
to discuss your school's needs**



# Packages

## Half Term Packages based on a 6 week block

<b>Bronze</b>	<ul style="list-style-type: none"> <li>• 2 Members of Roots Staff</li> <li>• 1 hour wellness session per week</li> <li>• Maximum of 10 pupils (will be negotiated with school and will be dependent on the needs of the group)</li> <li>• -Meditation/ targeted interventions and activities/ emotional support/ mindfulness</li> <li>• Each pupil will receive a workbook that will provide structure to their wellness journey, and the opportunity for thorough reflection upon completion</li> <li>• Full evaluation report provided to school</li> <li>• All resources provided</li> </ul>	£500.00
<b>Silver</b>	<p>In addition to the bronze package, the silver package also provides:</p> <ul style="list-style-type: none"> <li>• Weekly 30minute group session over the lunchtime period – focus to be decided upon consultation with the school. Max 8 Children</li> </ul>	£725.00
<b>Gold</b>	<p>In addition to the silver package, the gold package also provides:</p> <ul style="list-style-type: none"> <li>• An extra 1hour session per week with a targeted group of pupils. Max 10 pupils</li> </ul>	£1200.00
<b>Platinum</b>	<p>In addition to the gold package, the platinum package also provides:</p> <ul style="list-style-type: none"> <li>• 3 x 1 hour parent mindfulness sessions (convenient times to be negotiated with the school) Maximum of 10 parents per session</li> </ul>	£1400.00

## Workshops

<b>Half Day</b>	<ul style="list-style-type: none"> <li>• 2 Members of Roots Staff</li> <li>• AM or PM session working with up to 3 classes, delivering wellness sessions</li> <li>• Teachers and support staff to remain in the sessions to help support group activities</li> </ul>	£450.00
<b>Full Day</b>	<ul style="list-style-type: none"> <li>• 2 Members of Roots Staff</li> <li>• Full programme of wellness activities tailored to suit the needs of your school</li> <li>• Sessions available for EYFS through to Y6 – number of sessions/ classes to be negotiated and determined during consultation</li> </ul>	£800.00

All packages can be tailored to suit your school's individual needs

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