Attachment Awareness in Schools

- Building resilience
- Improving outcomes
- Changing lives

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What is it?

An evidence-based whole-school approach to improve educational outcomes for all children, including vulnerable groups. Based on internationally validated discoveries in neuroscience, this approach enables staff to notice, improve and value their skills in establishing brain-building relationships with children and young people.

Attachment awareness in adults leads to increased self-regulation in children (and adults). The capacity to self-regulate underpins emotional well-being and mental health, and enables the development of cognitive skills and learning.

In the UK, guidelines, standards and funding are emerging in response to this national and international research, and many schools are now prioritising attachment awareness training.

How does it work?

The neuroscience of brain structure and function makes it clear that our brains work best when we feel safe. Since attachment is the key to feeling safe, and therefore the key to optimal brain function, we are working with schools, nurseries and colleges to help them develop attachment awareness within all stakeholder groups.

When staff feel safe, pupils feel safe. When pupils feel safe, behaviour improves. And when behaviour improves, all pupils are better able to reach their full personal and academic potential. This is applied human ecology.

Who is it for?

Attachment awareness works best when it reaches as many of the stakeholders in your school and your community as possible.

At July 2016, KCA has delivered over 600 training events in schools to over 21,000 participants. Sometimes individual schools or clusters have commissioned KCA training. Sometimes broader strategic development programmes in partnership with Virtual Schools have provided access to KCA training for schools or clusters.

These co-created programmes have generated a wide range of approaches to developing attachment awareness among teachers, support staff, ancillary staff, governors, parents and children. KCA has provided training, resources and tools to make this possible.
Does it work?

To date we’ve worked with more than 60 Virtual Schools around the UK, including close involvement with the Attachment Aware Schools Projects in Stoke-on-Trent and Bath and North East Somerset. In 2016, Bath Spa University conducted a mixed-methodology evaluation of these projects and showed that developing attachment awareness in schools had a significant positive impact upon both academic achievement and behaviour.


What can we do?

Harvard University research shows that effective development programmes involve co-creation. Your school is unique, and will develop attachment awareness in its own way.

KCA has no single Attachment Awareness training programme. Instead we have a large library of training resources that are continually reviewed and extended. We use these in combination with the skills and knowledge of our expert trainers to produce bespoke development programmes based on need, reach, budget and time.

KCA training helps schools and individual staff members to develop an applied and holistic understanding of human ecology that is truly transformative.

If your school is interested in receiving support from KCA for this type of development, you can contact your local Business Development Manager using the details on the back cover.
Example training programmes

Whole-school development programme

1 x whole-day inset training for all staff – The Attachment-Aware School

£1,500 + VAT

1 x two-hour consultancy session for Attachment Awareness lead team* followed by two-hour twilight session for all staff on Emotion Coaching

£1,100 + VAT

1 x two-hour consultancy session for Attachment Awareness lead team (3 or 4 people responsible for supporting their colleagues in embedding learning in practice) followed by two-hour twilight session for all staff on Needs and Interventions

£1,100 + VAT

Total cost: £3,700 + VAT

Partnership between Virtual School and TSAs, county-wide development

1 x Attachment Awareness in Schools ‘Ignition’ conference for up to 200 delegates, including all materials, event management support and data collection

£3,000 + VAT

60 schools invited into pilot project after ‘Ignition’, each identifies three key people (a governor, member of SLT and the DT) to attend five locality-based training days facilitated by KCA, as below:

1. Attachment Awareness in Practice
2. Emotion Coaching
3. Attachment-Awareness Schools’ consultancy day
4. Building Resilience & Supporting Transitions
5. Attachment-Aware Schools Practice-Sharing Day

£12,500 + VAT

Total cost £15,500 + VAT

Who do I talk to?

To find out how KCA can help you to make your school Attachment Aware, please speak to your local Business Development Manager:

Southern England (inc. London) – David Robinson  e: david@kca.training  t: 01453 488402

Wales and central England – Daniel Cairns  e: daniel@kca.training  t: 01332 650655

Scotland and northern England – Stacey Grayson  e: stacey@kca.training  t: 0113 320 4320