



CASE STUDY

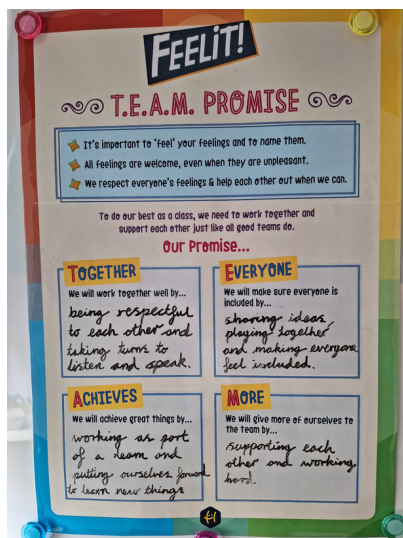
British Junior Academy of Brussels

The British Junior Academy of Brussels (BJAB) is an expanding British International school in the heart of Brussels. It has a community of families from all over the globe, and is an active member of COBIS. They have been using The Happy Confident whole school programme since February 2023, across all years from Reception to Year 9.

According to Head Teacher, Francis Retter, the FEELIT programme has been embedded into their curriculum with ease, thanks to the clear planning and guidance notes provided by The Happy Confident Company. He said, "All the hard work has been done for us and we are now reaping the huge benefits from using the programme with our pupils."

CREATING A SAFE SPACE

The TEAM Promise has become an integral part of every classroom at BJAB. Before embarking on the FEELIT Programme, pupils establish their own rules and using the TEAM Promise they demonstrate their commitment to creating the most positive space for sharing their feelings and experiences. This alone has been an amazing tool for fostering compassion within class and the wider school community, and has led to some amazing discussions between pupils, and with their teachers.



HAPPY CONFIDENT ME TIME

The FEELIT Mapper is used daily with all classes, and the school have allocated time each day for dedicated Happy Confident Me (HCM) time. This has become a routine that pupils very much look forward to. Within the primary school, HCM Time has been slotted in during circle time with their youngest pupils and during tutor time with their eldest pupils. At secondary level they have launched vertical tutor groups and the programme works really effectively, as pupils support and learn from each other.

REAPING THE BENEFITS

BJAB are now reaping the rewards of creating positive daily habits with their pupils - their HCM Time is one such example of these daily habits.

They have also noticed a significant positive shift in the behaviour and attitude of pupils since using the programme. They reported as having had some wonderful restorative conversations with pupils when inevitable mishaps occur. The FEELIT Programme helps develop pupils' emotional literacy and the highly nuanced language they are now learning from the very youngest age, is enabling pupils to express how they are feeling and acknowledge what triggered their actions. This has led to a better learning environment for all.



"I believe these programmes should be made available to all children to give them the best possible chance of thriving in today's world."

Francis Retter

Head Teacher of British Junior Academy of Brussels

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STAFF FEEDBACK



Francis Retter
Head Teacher

Following the surprising results of the COBIS surveys on post-pandemic wellbeing and our own surveys at school, we were keen to do more to promote pupil wellbeing. We were delighted to find 'The Happy Confident Company'. Our pupils of all ages (5-13) have enjoyed using the materials, which are really user-friendly, bright and engaging. The results have been incredible.

We are so pleased to have embarked on this journey with the Happy Confident Company. As an international school our pupils face many challenges, and using the Happy Confident Life Skills programme we have helped develop pupils' resilience and build their confidence to face these challenges. This really is an investment in our pupils' future, where they are developing the skills needed to take them into adulthood. I believe these programmes should be made available to all children to give them the best possible chance of thriving in today's world.

All the hard work has been done for us and we are now reaping the huge benefits from using the programme with our pupils. This is not to say however that the usage is prescriptive - teachers have really appreciated the detailed advisory material, though this still leaves plenty of room for innovation, adaptation and individual pedagogical flair!



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