# TREEHOUSE

## A simple-to-use digital platform to support mental health & wellbeing in schools

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Treehouse is an online education platform full of interactive, inspirational and confidence-boosting modules to support schools, their teachers, and pupils to be the best version of themselves.

Designed by the team of psychologists, teachers and motivation experts at Tree of Knowledge, Treehouse offers a unique, fun and flexible way to support the health and wellbeing of staff and pupils (in line with the curriculum), & increase motivation and creativity. Key themes include:

INSPIRATION        RESILIENCE

NURTURE        MENTAL HEALTH

CONFIDENCE        POSITIVE MINDSET        KINDNESS

WELLBEING        FUN

This flexible online platform can be used in a multitude of ways to deliver the best outcome for your school, whether this be teacher led, pupil led or even shown at assemblies. With well over 100 planned and prepared lessons at your fingertips for immediate use, Treehouse gives you back the luxury of some much needed time!

## Primary (including nursery)

100+ modules
Use in classrooms
Use at home with parent
Fun videos
Interactive activities
View pupils progress

## Secondary

120+ modules
Use in classrooms
Use at home independently
Fun videos
Interactive activities
View pupils progress

## Staff

20+ modules
Use independently
Use as part of inset days
Topics for staff meetings
Managing stress & anxiety
Inspiration & motivation

Contact happy@treeof.com to find out more, and sign up from the best price.
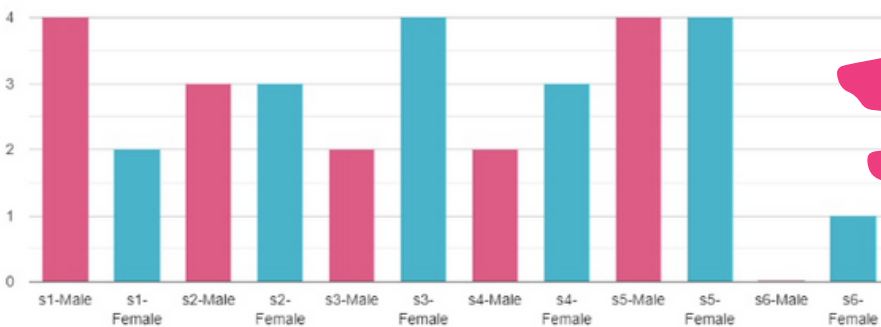
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# WELLBEING SURVEYS & REPORTS

## Benchmark wellbeing in your school community using the instant wellbeing survey & report function

Now available as part of your Treehouse subscription, Treehouse Wellbeing Reports are a simple survey and report function that gives you instantaneous access to wellbeing data for your school population.

Using the validated Stirling Children's Wellbeing Scale & Warwick-Edinburgh Mental Wellbeing Scale, the simple to administer survey & report function can be used as frequently as required. It can help evaluate the performance of health & wellbeing interventions as well as provide insight for more tailored individual support.

**TREEHOUSE**

### FREQUENCY OF SCORES >40



**A 15-minute demo is all that's required to show you fully around the platform and get you set up. Email happy@treeof.com**

### PUPIL INDIVIDUAL STATEMENT RESULTS

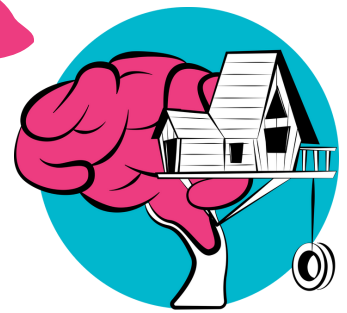Whole Year Group Independent Statement Results

| Year Group | I've been feeling optimistic about the future. | I've been feeling useful | I've been feeling relaxed | I've been feeling interested in other people | I've had energy to spare | I've been dealing with problems well | I've been thinking clearly | I've been feeling good about myself | I've been feeling close to other people | I've been feeling confident | I've been able to make up my own mind about things | I've been feeling loved | I've been interested new things | I've been feeling cheerful |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **S1 / YR7 AGE 11-12** | 3 | 2.8 | 3.7 | 3.3 | 2.8 | 3.4 | 3.3 | 3.5 | 2.8 | 3.3 | 3.9 | 4.3 | 3.4 | 3.1 |
| **S2 / YR8 Age 12-13** | 3 | 2.7 | 3 | 3.3 | 2.8 | 3.6 | 3.7 | 2.9 | 3.4 | 3.6 | 4.1 | 4.7 | 2.6 | 3.4 |
| **S3 / YR9 Age 13-14** | 2.7 | 3.1 | 2.6 | 2.4 | 2.3 | 3.3 | 3.4 | 3.2 | 3 | 3.4 | 3.7 | 4.4 | 3.3 | 3.1 |
| **S4 / YR10 Age 14-15** | 2.8 | 3 | 3 | 2.8 | 2.3 | 3.6 | 3.1 | 3.4 | 3.5 | 3.3 | 4 | 4.3 | 3 | 3.4 |

### TOTAL COMPLETED SURVEYS

| Group | Total Surveys |
|---|---|
| S1 / YR7 AGE 11-12 | 12 |
| S2 / YR8 Age 12-13 | 12 |
| S3 / YR9 Age 13-14 | 12 |
| S4 / YR10 Age 14-15 | 12 |
| S5 / YR11 Age 15-16 | 10 |
| S6 / YR12 & 13 Age 16-18 | 1 |
| Staff | 0 |

## Contact happy@treeof.com to find out more, and sign up from the best price.

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# TREEHOUSE FAQs

### Who is Treehouse for?

Treehouse is for pupils and staff of primary schools, secondary schools, further education institutes and nurseries.

### Does it support the curriculum?

Treehouse has been designed to support schools to deliver a wide range of the Curriculum for Excellence: Health and Wellbeing Experiences and Outcomes. This is currently only mapped against the curriculum in Scotland, however we plan to develop this for other areas soon. Please contact us if you are not based in Scotland and this is important to you.

### How will my staff team benefit?

Treehouse will help teachers by providing 30-40 minute pre-prepared lessons on subjects around health & wellbeing. They are simple to deliver, and provide a fun and open environment to tackle to difficult subjects. There are also specific modules on Treehouse, designed to support the mental health & wellbeing of teachers.
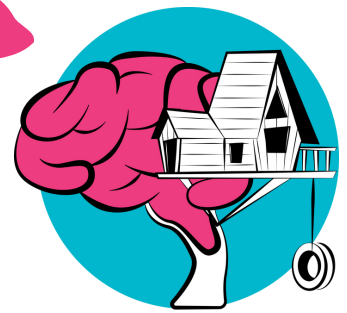
### What themes does it cover?

Treehouse covers a range of topics, but focuses mainly on developing resilience, mental health & wellbeing, self-confidence, kindness & empathy, inspiration, motivation, creativity and nurture. It's a lot of fun, and we hope that it will help your pupils and staff rediscover that "wee bit of magic".

### How does Treehouse work?

Treehouse is an online education platform which is built using a wordpress learning management system called Learn Dash. This system is used and trusted by companies, universities and training organisations all over the world. Once you sign up to Treehouse, there is a simple process to create log-ins for all of your staff and pupils. Your whole school will then have access to 100+ educational modules specifically designed to support the mental health, wellbeing and soft skills development of your pupils and staff. Better still, with new modules being added throughout the year, skills will just keep on developing. Modules will include a combination of video, reading and writing tasks. These can be used within lessons, set as homework, or form part of a blended learning approach.

### Can this be used in the classroom?

Yes. This has been designed with ultimate flexibility in mind. It can be beamed onto whiteboards or projected onto screens, as well as used on laptops or PCs. It can also be used for independent learning or in groups to stimulate discussion.

## Can this be used for blended learning?

With all of the uncertainty over the last few years, this platform has been designed with ultimate flexibility in mind. It can be used at home, by pupils, and in the classroom.

## Does it track progress?

Yes. Though most schools are setting up one log-in for the whole school, it is possible to set up individual log-ins for your pupils so you can track how each of them are getting on. If required we will sort this out at set-up.

## Once we sign up, how do we get started?

Once you're signed up, we'll walk you through every step of the way. From setting up your account, to adding and onboarding your staff. You'll be offered a group demo for your staff, which will cover the key features including how to get around the platform, assign work and monitor progress. This will take no longer than 30 minutes. There will be a dedicated support line available, should any issues arise.

## How much does it cost?

Treehouse costs £499+VAT for primary and £699+VAT for secondary, for the year for access for your entire school.

## How do you pay for it?

You can pay the annual fee online via credit or debit card, or you can provide us with a purchase order number and we'll invoice you.

## Can I book a demo?

You can book one now by emailing happy@treeof.com - we are now running demos (no longer than 30 minutes) for groups or individuals via Teams or other suitable video calling solution.

### We look forward to sharing the magic!