

SENCO Information Pack

Regulate • Re-engage • Rise

Introduction

Rise and Regulate provides specialist alternative provision designed to support young people who are struggling to access mainstream education due to anxiety, emotional dysregulation, behavioural challenges, low confidence or disengagement from learning.

Our approach combines structured movement, mentoring, breathwork and reflective practice to help pupils regulate their nervous system, build resilience and re-engage with education.

About the Founder – Danny Collins

Danny Collins founded Rise and Regulate following extensive experience supporting individuals with mental health challenges and behavioural difficulties through movement-based coaching and mentoring.

With a background in education, sport and behavioural development, Danny has worked with young people who struggle within traditional classroom environments. His work focuses on helping students understand how their nervous system, behaviour and habits influence their ability to learn and engage.

Our Approach: Regulate → Re-engage → Rise

- Breathwork and nervous system regulation
- Structured movement sessions (including Brazilian Jiu-Jitsu concepts)
- Yoga and body awareness
- Nature-based walks and outdoor reflection
- Mentoring conversations around habits and wellbeing
- Goal setting and personal development

Who We Support

- Pupils at risk of exclusion
- Students presenting SEMH needs
- Young people experiencing school refusal or attendance difficulties
- Pupils struggling with emotional regulation
- Students requiring targeted intervention to re-engage with learning

Example Daily Programme

- 10:00 – Breathwork and regulation practice
- 10:20 – Movement session (Jiu-Jitsu / functional training)
- 11:25 – Mentoring discussion
- 12:00 – Nature walk and outdoor reflection
- 12:30 – Goal setting and functional skills
- 13:00 – Yoga / mobility
- 13:40 – Reflection and close

Referral Process

- Initial conversation with SENCO or pastoral lead
- Completion of Rise and Regulate referral form
- Review of safeguarding and risk information
- Agreement of placement objectives
- 6-week placement with weekly reports
- Mid-placement review and final impact report

Contact

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Rise and Regulate

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