

13<sup>th</sup> September 2021

### **Nurture Group Provision**

Dear Families

We are very excited to share some news with you about how we are updating our provision in school to fully meet the social and emotional needs and well-being of all our children. This is to be known as our 'Nurture Group' provision. This provision will complement the approaches we already have in school such as TIS (Trauma Informed School) and RJ (Restorative Justice) as ways to support all our children to understand and regulate their emotions in a supportive and caring environment.

We are developing this provision, bespoke to our school, to enable focused, dedicated time to assess and give children who need it, the support and strategies to be able to self-regulate in order to then support their learning. Children will be identified in school and a meeting set up with the family. This will be a partnership of working together. It is a well-known fact that children will not learn effectively if they are not able to regulate and meet their own SEMH (Social, Emotional and Mental Health) needs. Children need to be specifically taught how to do this, and our Nurture Group will allow this to happen in a small group with additional social learning opportunities.

We have been working hard behind the scenes to develop a designated safe and welcoming space for our new 'Nurture Group' provision. The small group of children who attend the Nurture Group provision will still very much be members of their 'main' class. They will attend learning in both spaces and look to return to their main class full-time within a short period of time.

The school's vision, values, policies and curriculum already enable all children to learn about themselves and others. The principles of the Nurture Group will link in to all the work school already do. For some children, a smaller environment is necessary to master specific strategies.

We will work closely with the families of the children attending the Nurture Group; a collaborative approach will further ensure the success of the provision.

The Nurture Group will be overseen by Mrs Salter with Ms Vallance supporting. Mrs Salter has undertaken extensive research into this provision and has visited schools who already successfully implement Nurture Groups. Class teachers and Learning Support Assistants will be supporting with the strategies and learning undertaken.

Please keep an eye out for further information about our new provision. We are truly looking forward to enhancing the wonderful provision and support we already have in school.

If you would like to find out more information, please do not hesitate to get in touch with us. Please see below to answer some of your queries.

Yours sincerely

Susannah Storey

Headteacher

## **What is the purpose of a Nurture Group?**

The Nurture Group is a small class of 5 -10 pupils. The Nurture Group continues the ethos of an already nurturing environment within St Day and Carharrack School and provides inclusion for all children, promoting PSHE provision. The children will be supported to raise their emotional well-being, self-esteem and have a sense of belonging to the school community. We provide a structured routine with clear boundaries so the children feel safe and secure.

## **The Nurture Group is a place of learning.**

### **We follow the six principles of the Nurture Network**

#### **The Nurture Group Principles:**

1. Children's learning is understood developmentally
2. The classroom/school offers a safe base
3. Nurture is important for the development of self-esteem
4. Language is understood as a vital means of communication
5. All behaviour is communication
6. Transitions are significant in the lives of children

## **Why might a child attend a Nurture Group?**

- Low self esteem
- Find it hard to listen to others or join in
- Family illness or break up
- Bereavement
- Find it hard to share and take turns
- Find it hard to settle into class
- Friendship difficulties – keeping/making friends
- Find it hard to accept losing a game
- Quiet, shy, withdrawn

A teacher might identify a child with any of the above needs. A discussion would then take place with the Headteacher and SENDCO. A Boxall Profile will be completed to identify possible areas of which a child might need support. If we believe a child would benefit from a Nurture Group environment, parents will be contacted to agree a bespoke plan for your child.

## **How will the Nurture group help my child?**

The nurture group will help to boost confidence and self-esteem and provide children with extra skills to improve social skills and independence for example:

- To engage
- To settle
- To listen
- To concentrate

- To share and take turns
- To accept losing a game
- To build friendship with their classmates
- To give opportunities to talk about and understand their feelings
- To work on curriculum based activities from their classrooms.
- To experience and practise the development of positive relationships

### **Does this mean my child is naughty?**

No. These sessions are to help your child to manage their emotions and situations to increase their skills to become successful learners.

### **How long will my child attend the Nurture Group?**

This will depend on a bespoke plan for your child. This could be for half a term or longer. We do ensure that children do not miss special assemblies, guests in school, outings or any special events that the rest of their class are taking part in. The Nurture team plan closely with the class teachers and each child usually follows the curriculum being carried out in their class.

### **What does time in Nurture look like?**

Children follow a structure and routine that is clear to both staff and children, which includes group listening and speaking, learning tasks usually from their teacher, individual and shared playing and social skills. The group runs on consistency, positive reinforcement and praise.

Within the session, there will be a check in 'Toast Time' together – a chance to talk around the meal table, listen to each other, take turns to speak and practice using manners.

Taking part in a game, sometimes board games or team games, to encourage turn taking and coping with losing.

Circle time and sharing news – taking part and listening, sharing in a small group to build self-esteem and confidence.

Using 'Zones of Regulation' to discuss and understand our feelings and practise a range of strategies to support self-regulation.

Role play and drama – communication, listening to other ideas, taking on the role of different characters.

Opportunities to access a bespoke multi-sensory curriculum in a safe learning space.

### **Are parents/carers involved?**

Yes, we like to feel there is an open door policy where parents/carers can come and chat with the class teacher or the Nurture staff with regard to their child. Your support in using

the same strategies at home, will greatly support your child to be successful. So that you have an opportunity to see how we work, you will be invited to special events afternoons where you will also be able to take part in our more regular daily events. Parents will be supported to engage in SPACE.

*SPACE is a new free programme for any parent/carer who wants to better understand and support their children's emotions, as well as their own. This 5 session programme will cover:*

- Understanding what is meant by a Trauma Informed approach*
- Managing different emotions*
- Understanding toxic stress and the flight/fight response*
- Practical approaches to support children to regulate their emotions*
- Healthy coping strategies for dealing with stress*
- Understanding behaviour*
- Building resilience in ourselves and our children*
- Adopting appropriate expectations of children*
- Enhancing your ability to provide nurturing care*