

# Cornbank's Term 1 Nurture Newsletter



## What is Nurture?

All children need nurture. At Cornbank we focus on wellbeing, relationships and strive to promote the growth and all-round development of our learners. The evidence is clear that by using a whole school nurturing approach we can create positive relationships and emotional safety which in turn has a significant impact on readiness to learn and wellbeing outcomes.



## What are we doing?

At Cornbank, we hope that every interaction your child has will promote nurture. However, some dedicated strategies we use at Cornbank include:

- ✓ The Zones of Regulation
- ✓ Morning Greetings at the door
- ✓ Restorative Conversations
- ✓ The Fix-it-Folder
- ✓ Growth Mind-Set Teaching
- ✓ House Points
- ✓ Visual Timetables
- ✓ And many more...



## Spotlight Strategy - 'Zones of Regulation'

The Zones of Regulation is a tool to support learners in developing long term self-regulation skills. This is visible in each class through the display of 4 zones represented by different colours – red, blue, yellow and green.

Children have been taught to identify emotions in each zone and are able to move their picture or name depending on how they are feeling. It encourages learners to become aware of their emotions, build awareness of others and develop coping strategies. If children are able to recognise when they are becoming less regulated, we are able to do something about it to get to a better place.

<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
sad sick tired	moving slowly calm feeling ok focused ready to learn	frustrated worried silly/wiggly excited loss of some control	mad/angry worried yelling/hitting elated out of control



## Tesco Tokens

As a school two of our current nurture targets are:

- To put calm spaces and calm boxes in every classroom.
- To develop book boxes to help children and families when they experience changes such as illness, death, divorce, new houses, new siblings etc, as well as aid an understanding of diversity.

We hope to be able to gain the top award of **£1500** pounds through Tesco Token Fundraising so please keep putting your tokens in the box!