

Nurture

At Langlee



Believe You Can Achieve

**At Langlee, we are Safe, Respectful and
Ready to Learn**

Nurture

At Langlee Primary School, we offer a wide range of Health and Wellbeing approaches, provision and strategies to support the development of our children. These are a mixture of whole school approaches and targeted interventions, some of which are led by staff within our school and some through our partner agencies.

We also run focussed Nurture Groups within our Abbotsford Room – please see separate leaflet for more information on these.

Zones of Regulation

This is a proactive, skills-based whole school approach, based around four colour coded areas of emotion. The framework uses a simple common language to develop emotional literacy and understanding and it teaches learners how to regulate their emotions.

Emotion Works

Emotion Works is an established resource throughout the school. This supports our learners in developing understanding of emotions through a Cog Model, including aspects such as triggers, body sensations, emotion vocabulary, intensity, behaviours and regulation strategies

Restorative Practice

This is a whole school approach to managing conversations around conflict and supporting conflict resolution. The conversations support conflict resolution and uses these opportunities for learning and development of regulation, strategies for the future and positive friendships.

Building Resilience

The Building Resilience resource is delivered across the school from P1 to P7. It consists of 12 units, including 'Be Resilient', 'Challenge your Mindset', 'Respect Yourself', and 'Keep Connected'. These are delivered in our whole school assembly, with follow up tasks completed in the classroom, to develop whole-school mental health and emotional wellbeing.

IFF Kitbags

This resource can be used whole class, with groups or with individuals. It creates a rich multi-sensory experience with different elements designed to give reassurance, comfort and safety to share. It develops self-awareness, positive relationships and respectful attitudes.

Wellbeing Breakfast and Soft Start

Our breakfast is free and universal for all pupils, removing potential barriers and stigma and ensuring all our children have breakfast. Breakfast is vital in the morning to enable pupils to concentrate, learn, and regulate their emotions. During breakfast, pupils take part in low stakes, calming activities. This provides a calm, low threat environment where pupils can get settled, get ready for the day, and speak with a trusted adult about anything that may be bothering them.

Creativity Friday

A whole school approach to provide pupils with the chance to engage in a range of learning activities with peers of all ages. They choose from a variety of experiences to allow them personalisation and choice across the school as well as part of their weekly class timetable.

Roots of Empathy

An exciting programme where a class works with a parent and baby over the course of the year, observing and discussing baby's development, personal traits, the relationship between parent and baby and linking to their own development and relationships in the class. It supports the development of learner's understanding of emotions, development of empathy and supports children's positive mental health and wellbeing.

Seasons for Growth

In *Seasons for Growth*, a group of children will work with two adults, with the aim of strengthening the wellbeing of children who may be dealing with major life changes including death, separation and other significant loss. The programme uses the imagery of seasons to illustrate the cyclical nature of grief. Children explore the impact of change on everyday life and learn new ways to respond to these changes.

Forest Schools

Forest Schools work with groups of children over a five week period. It is a child-centered learning experience, providing the children with hands-on experiences in the natural environment and can increase children's confidence and teamwork skills, as they problem solve and learn to manage risks.

Outdoor Learning

All classes timetable Outdoor Learning over the year. Furthermore, we work with groups of learners in our surrounding woodland. They focus on risk assessment, challenging themselves, friendship and kindness, problem solving and creativity and developing an understanding of the world around them.

Lego Therapy

A collaborative, play based intervention where children work in small groups and take on different roles to achieve a common goal. This supports the development of literacy skills as well as communication, health and well-being and friendships.

Drawing and Talking

This is a therapeutic approach where an adult works with a child, supporting them to discover and communicate emotions through a non-directed technique.

Pupil Voice

Pupil Voice is fostered within all of our classrooms, for example through the creation of a Class Charter, supporting children in taking part in assessing the structure of the classroom using the CIRCLE framework, and including pupil voice in planning their learning and development.

The school also has a Pupil Council. Members from each class are voted in and drive a piece of work forward within the school. Members change termly to ensure more opportunities for participation.