



# Ravenswood Nurture Newsletter

## Welcome

Welcome to the **second** of our Nurture Newsletters! Our fabulous learners have been awesome in every way and staff continue to work hard in meeting the wellbeing needs of learners by using the Six Principles of Nurture:

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



## Our Classrooms and Open Areas are Nurturing and a Safe Space for ALL

In every classroom we continue to work hard to create a safe place for our children with classes featuring the following:

- Daily soft starts.
- Feely boxes with sensory toys and self-regulation prompts.
- Designated cosy/calm spaces.
- Personalisation and choice with children taking ownership of developing their classroom environment.
- Visual supports to support with classroom routines and communication.
- Reduced use of school bell.

Our open areas outwith our classrooms are also a safe space for our learners. The areas promote a healthy, nurturing and comfortable environment for our wonderful learners to continually thrive and be the best person they can be. We have comfortable seating areas, attractive displays which promote our school values, the sharing of our monthly progress in learning for each class, focused active play activities to support our classroom learning and our 'Watch Us Grow' board to celebrate in and out of school achievements. Collectively, this is enhancing the overall 'you matter' ethos of our school.



We have also developed a more welcoming meeting room where parents/carers meet with staff in more comfortable and relaxed surroundings:



## Nurture and Self-Esteem

Nurture is important for children's self-esteem. There is a vast and varied amount of nurture going on in the school in general - in classrooms, assemblies and as part of group activities.

In January 2024, Miss Goodbrand will be working with small groups of children providing Lego Therapy and nurture-based activities which further develop and enhance self-esteem and communication skills. These sessions will also provide assistance and strategies in how to effectively regulate and manage big emotions.

Miss Goodbrand will also work with a number of Primary 6 and 7 learners using the HOMUNCULI approach which helps build social and emotional resilience in children and young people. This will support our learners in identifying big feelings and develop strategies on how to regulate and manage big emotions.

Miss Goodbrand's activities will offer a range of opportunities for our children to further develop their social and emotional skills to enable the gaining of strategies to use in school and with their peers and further develop their resilience and capacity to deal more confidently with the trials and tribulations of life.

## Forest School

Forest School is continuing to have a positive impact on all participants in terms of building confidence, resilience, perseverance and self-esteem. Our foresters collectively report they feel calm, relaxed, happy and good when in the forest and its natural setting. They have also reported Forest School sets them up for a good week and they feel more positive about the challenges ahead.



## Playground Squad

Our Playground Squad members have continued to make some lovely improvements in our outdoor areas by clearing broken planters and preparing planters for the spring.

Our participants have started to work on projects of their own choice since the weather has



declined e.g. developing whittling skills, further developing their social and strategic skills through playing board games and making wooden ornaments. This is also developing skills for learning, skills for life and skills for work.



## Nurture Interventions

There continues to be a vast and varied amount of nurture support going on in the school in general - in classrooms, assemblies and as part of group activities.

A number of children are engaging in some of the following supports:

- Emotion Works (across the school)
- Drawing and Talking Therapy
- Lego Therapy
- Teen Talk Counselling (for senior pupils only)



There are indications of improvements for the children participating in the above nurture interventions.



Mrs Lewandowski will be providing Seasons for Growth sessions in the new year. Seasons for Growth is a short-term programme that supports children with the processing of grief as a result of loss or change they have experienced in their life. It helps strengthen the building of resilience and social skills and increases participants' sense of belonging.

## SHANARRI Assemblies

Our SHANARRI Assemblies continue to provide nurture experiences for our learners. They engage in fun activities and challenges which build resilience, perseverance and emotional wellbeing. We also celebrate our Ravenswood Radiators to promote self-esteem and a celebration of personal achievements across the school.



The following graphic outlines that nurture is personal to each and every child. What is appropriate for one child, may not be appropriate for meeting the needs for another. Each and every child in the school experiences nurture through classroom activities/strategies, assemblies, group activities or bespoke programmes which are appropriate for particular needs at that point and time:

### EQUALITY VERSUS EQUITY



In the first image, it is assumed that everyone will benefit from the same supports. They are being treated equally.

In the second image, individuals are given different supports to make it possible for them to have equal access to the game. They are being treated equitably.

In the third image, all three can see the game without any supports or accommodations because the cause of the inequity was addressed. The systemic barrier has been removed.

Merry Christmas and best wishes for a healthy and happy 2024!

Follow us on X (formerly Twitter) to enjoy our progress and achievements along with us.  
@RavenswoodPS

