

RNRA at Glencoats

What is Renfrewshire's Nurturing Relationships Approach?

RNRA increases knowledge of attachment theory and an understanding that early experiences can have a significant impact on development. RNRA helps staff to understand the key importance of nurturing relationships to children and young peoples' mental health and wellbeing, social and emotional development and attainment. RNRA supports Staff to put key principles of nurturing practice in place across their establishment.

The 6 Nurture Principles

- ❖ 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.

For more information about each nurture principle please visit <https://blogs.glowscotland.org.uk/re/renfrewshireedpsych/nurturing-wellbeing-to-build-back-better/nurture-principle-sections/>

Glencoats Primary has 4 school expectations.

- ❖ Be safe.
- ❖ Be kind.
- ❖ Listen and follow instructions.
- ❖ Work hard and try your best.

Staff are asked to follow the discussion points on the restorative talk cards when having a discussion with children.

The restorative talk cards are:

I was thinking...



I was feeling...



My actions were...



The result was...



I can get back on track by...



The strategies I need to use are...



The school expectations and restorative talk cards should be displayed on the Health and Wellbeing wall in each class.

Relaxed Entry/Soft Start

The school operates a relaxed entry system between 9.00 and 9.10am. Children can arrive anywhere between these times and the rest of the class should be taking part in low stakes soft start activities such as mindfulness colouring, fine motor skills, handwriting.

After each break, children go directly to classrooms and all classes should have a short soft start activity such as breathing exercises, story, mindfulness. This is to allow children to settle and be ready to start learning.

Calm Spaces

Glencoats has a number of calm breakout spaces which can be used by children. These are:

- ❖ Oscar's Den
- ❖ The Cloud
- ❖ Rainbow Room
- ❖ Sunshine Room

Each class should also have their own calm space which may be part of the class library. This area should contain a calm box with fidget toys and/or mindfulness activities which should be easily accessible to children. This allows them to self-regulate within the class.

Wellbeing Cards

Each class have wellbeing cards available for children to take (in agreement with the class teacher) to a member of SMT to support them with their emotions. These are:

- ❖ I need quiet time.
- ❖ I need a quiet place to work.
- ❖ Movement break.
- ❖ I am upset. I need someone to talk to.