

Active Schools

During Nurture week at Sandwick JHS there will be various Active schools activities on offer to pupils, these include fencing, orienteering, ultimate frisbee and boccia. We would encourage parents to participate in the activities alongside their son/daughter as this will build upon language as a vital means of communication. Being active has many health benefits, both physically and mentally, it can improve mood, and decrease feelings of depression, anxiety and stress. The activities on offer are team based activities, chosen to help increase the pupils leadership abilities and strengthen social bonds, this is central for the development of wellbeing.

Read it, Share it, Swap it!

Primary Book Club would like to welcome you to our Big Book Swap! It's a chance to exchange the books you have outgrown or do not want to read again for something new and exciting. Bring your parents, grandparents, aunties or uncles, sit back and read together. Reading has been shown to reduce stress and improve general wellbeing; sharing a book is a wonderful way to be together - and it will bring on a laugh, a giggle, or an important conversation! Shetland Library staff will be on hand to demonstrate how to use library services to borrow e-books and audiobooks, straight on to your phone or tablet – absolutely free! You will also be able to borrow books exploring mental health issues for all ages.

Bookbug

Bookbug session for under 5s and their families. Come and join us for songs, stories and rhymes. Bookbug sessions encompass play and learning to boost language and social skills development and help to foster emotional and physical wellbeing. They are very informal and include lots of singing, tickling, cuddling and sharing books!

The Peatland Restoration Project

The Shetland Amenity Trust has set up this project to raise awareness of how the humble peat bog plays an important part in our ecosystem and why restoration is necessary. Shetlands Peatland Action Project Officer Sue White is currently restoring an area in Cunningsburgh; she will take a group of volunteers into the peat hill to explain how peatlands are a huge carbon store and provide hands on opportunity to restore the peatland. Here is an opportunity to learn in the outdoors, to take part in a practical eco-project that helps mitigate climate change and learn about the importance of the peatland that covers over half the area of Shetland.

Babs Clubb Make Up Artist

Babs is a fully trained Make –up artist with an HNC in Fashion Makeup and HND in Make –Up Artistry. She has been working as a make -up artist for seven years with a portfolio that includes film, television, stage, theatre and the fashion industry.

Babs is offering an opportunity to learn new skills through creative expression in colour and make-up. Here is a chance to experiment and use your imagination to create beauty or the beast.

Craft Fish

This adult and child session provides an opportunity to come along and design, make and decorate your own Fish Friend. It offers a sewing taster session for all ages and experiences in an encouraging, friendly and laid back environment. Sewing has been proven to aid concentration, improve self esteem and the end result is very rewarding; combing these makes a nurturing activity which helps with the development of wellbeing. We will focus on the principle of using language as a vital means of communication to make the fish together. It is a lovely chance to create something special between an adult and child, as well as learning new skills. All materials are provided so all you need to bring is your imagination.

Overtonlea Musical Concert on 21 May 2019.

It is hoped that the musical concert at the Overtonlea Care Home will be of benefit to both pupils and clients/staff at the care home.

Language is a vital means of communication and for those who are no longer able to express themselves orally, music can provide great comfort and joy. The pupils will perform a variety of songs and instrumental pieces and it is hoped that the audience will feel nurtured from listening and watching the pupils and some may even feel able to join in. Some of the bairns are happy to interact with clients after they have performed and this can also have a positive effect on both parties.

Our performance will also highlight **‘the importance of nurture for the development of well-being’** as the music will hopefully have a positive and calming/invigorating effect on the clients and staff at Overtonlea. It also provides an opportunity for the pupils involved to become positive role models and to do something really worthwhile for the community (some of whom are family members) and this should in turn have a nurturing effect on them.

I certainly always come away with a feeling of happiness and well-being after such performances and a feeling that we have done some really worthwhile.

Samaritans

Shetland Samaritans will present a workshop on talking and listening. Samaritans believe that talking about worries is essential for good emotional health. This sits well with the Principles of Nurture, in that language is a vital means of communication. The workshop will explore how to be a good listener, and will involve some exercises on active and passive listening, and give participants the chance to practice some of the skills around good listening, in a safe environment.

Skills Development Scotland

P7 Skills Development Scotland Session – Through a mixture of group activities, individual work and class discussion this session will challenge pupils to think through some misconceptions of the world of work, around gender stereotyping and future opportunities. Through highlighting the importance of knowing where an individual's strengths lie, and what careers will match their skills, qualities and interests, the session will motivate pupils to start considering what they could achieve beyond school. It will introduce the role of the Careers Adviser in supporting pupils to develop their career management skills - being a key support for them throughout their time in secondary school and post-school.

S3 Skills Development Scotland Session – With S3 transitioning into an important year regarding key career decisions – school leavers, transition to the AHS, S5 subjects, future plans – the session will focus on 'what is a careers appointment'. Through highlighting that an appointment adopts a collaborative nature, coaching approach and ownership is placed on the pupil, it will open the year groups perceptions of what will lie ahead in the coming year and the safe environment of the careers room in sharing ideas, interests and their personality. Through a mixture of discussion and group activities S3 should feel confident in the role of a Careers Adviser, in the coming year, in supporting them to identify their pathway into future opportunities.

Knitting Group

During each half hour session we will be making squares to form a blanket for Mrs Clare Coghill's new baby Eliza Mae.

Through working together to make a larger project we will be forming social connections, making friends whilst learning new skills at the same time as focussing our attentions and thoughts on a knitted square. This will develop and improve hand-eye coordination, spatial awareness and fine motor dexterity. It will involve communication and problem solving whilst encouraging active creativity.

Knitting in a group is proven to reduce isolation and loneliness, increase a sense of well-being and usefulness, being included in a safe and nurturing environment. Studies have proven that knitting reduces stress, fear, worry, anxiety and depression, distracting from chronic pain, promoting relaxation so therefore reduces irritability and restlessness. Overall, this will increase mindfulness and social connections with peers, staff and family members whilst producing something special as a beautiful unique gift.

Women's Aid

My Safe Place

Pupils will help younger years explore what it is to feel 'safe' using a "my safe place" collage activity.

Not too much discussion necessary - the session is a simple scissors and glue activity and can be very soothing for primary pupils.

Nurture Box

Pupils will lead a short session on feelings and ask groups to think about what they would like in their box of helpful things?

Children will be guided to think of treasures to bring themselves back to their senses if they're feeling upset or worried. What would you have in your box.

Pupils will help young ones to make a start on their box, with little drawings or symbols of the things they would like to have.

Breakfast Club

I would like to hold a breakfast club in the Home Ec. I plan to have max of 10 pupils in each group. We will discuss the importance of breakfast for our bodies and also eating together as a family. Working in pairs we will make a smoothie and/or oaty bar, using frozen fruit and oats will keep costs down.

Primary plan – in pairs

Smoothie – choice of fruits

- Count out berries
- Cut up banana
- I will whizz up

Oaty bar

- Mix up weighed our ingredients
- Put on tray and bake

Secondary plan – in pairs

- One pupil will weigh out and make smoothie
- One pupil will weigh out and make oaty bar

Pilates for young People

Pilates for young people provides an opportunity for early positive movement experiences and has been shown to assist children with concentration, stress management and confidence in their physicality.

- Pilates breathing helps relax the body and calms and focuses the mind.
- Movement sequences establish efficient movement patterns in their bodies.
- Exercises heighten their proprioceptive senses.
- Pilates practice helps to achieve greater strength, flexibility, agility, balance and stability.
- Pilates helps achieve better posture and coordination.
- Exercises help maintain joint health, bone density and increase breath capacity.
- Pilates educates children to identify specific parts of the human muscular and skeletal system.