

Together,

WE RESPOND WITH COMPASSION

At school and at home, we believe that relationships help children to feel safe, understood and able to thrive.

What this means at school





-  We see the whole child
-  We notice behaviour as communication
-  We help children to regulate before we try to reason
-  We use calm, respectful language
-  We believe in every child and never give up



BEHAVIOUR IS COMMUNICATION

When children feel worried, overwhelmed or unsafe, their behaviour can change. It's not about being naughty – it's their way of telling us they need help.

Our aim is to:

-  Help them feel safe
-  Support them to regulate
-  Stay connected
-  Work together to find solutions

HOW YOU CAN SUPPORT AT HOME



CONNECT

Connection comes before correction. Spend special time together every day, even if it's just a few minutes.

"I'm here for you."



LISTEN

Listen with empathy and try to see the world through their eyes.

"Tell me about it..."



HELP THEM REGULATE

Big feelings are hard. Help your child calm their body first, then talk.

"Let's take some deep breaths together."



VALIDATE THE FEELING

All feelings are okay. Let them know it's okay to feel how they feel.

"It's okay to feel sad / angry / worried."



FOCUS ON STRENGTHS

Notice and praise the positives – this builds confidence and connection.

"I'm so proud of the way you..."

Understanding Big Feelings




When children feel threatened, their brain activates its 'fight, flight or freeze' response. They are not in control of this.

Our role is to connect, reassure and support them to return to calm.

We're in this together!

Strong relationships between home and school make the biggest difference for our children.

If you need support, have questions or want to share something, please reach out – we are here for you. 



Want to learn more?



Keep an eye out for our workshops, newsletters and family events throughout the year. We'd love to see you there!

Let's continue to build a school community where everyone feels...

SAFE • HEALTHY • ACHIEVING • NURTURED
ACTIVE • RESPECTED • RESPONSIBLE • INCLUDED

