



## Pumpherston & Uphall Station Community Primary School

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Headteacher: Steven Eagleson

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### **NURTURING CLASSROOMS – HEALTHY CLASSROOMS – TRIAL**

Dear Parent/Carer of a child in Primary 5,

Over the past few years we have been developing Nurturing Approaches in small groups, and across school. Nurture approaches consider the whole child and their emotions as part of learning and provide opportunities for pupils to develop their understanding of feelings, empathy and build positive relationships.

This session P5 is trialling a Nurturing Classroom approach. Your children will already have spoken to you about this. Mrs Andison and Mrs McConville have been working very hard on speaking to pupils throughout the day on feelings, relationships and emotions. Part of this programme will be the introduction of a Shared snack in P5 before breaktime. The programme aims to build a feeling of community and trust in the class, to spend positive social time with peers – building better relationships and in some cases, to reduce reliance on unhealthy foods

During this trial the school will provide a daily morning snack as part of our Health and Wellbeing curriculum. Pupils will learn about food and nutrition and making healthy choices and the children will have great opportunities for developing skills in food preparation as well as using maths and numeracy skills such as budgeting and measuring.

Shared Snack costs £1 per week, which is great value at 20p per day, pupils will not need to bring in a snack of their own. The children are involved in planning the menu and preparing snack for the class on a rota basis. They will plan and enjoy snack options like fruit kebabs, pitta pizzas and beans on toast. The children eat snack together and enjoy the social aspect. This is a great opportunity for developing listening and talking skills. An additional benefit is that the children have the full 15 minutes of playtime to run about and exercise, rather than using this time to eat.

We really need your support to make this trial a success for your children's education. You can support the school and your child's health education by encouraging them to make healthy choices and participate in Shared Snack in P5. We will contact you a week prior to starting this initiative with a confirmed start date.

Please speak to Mrs McConville or Mrs Andison if you require further information.

Warm regards,

Steven Eagleson  
Headteacher

