



## 6 Principles of Nurture Parent Guide

At St Alphege and Sunbeams, pastoral care underpins personal development and makes our children feel that they belong, that they have good self-esteem and that they are able to flourish because they feel valued and cared for.

There has never been a more important time in education for nurture. Children, parents, staff and our communities face an ever changing and at times unpredictable world.

We believe having a whole school nurturing approach, where social, emotional and mental health is supported to form the foundations on which an academic education can be built, is fundamental for our children's futures.

Partnership with parents, carers and families are by far the most important influences in a child's life. Parental support plays a vital role at all stages of education. Parents who take on a supportive role in their children's learning make a difference in improving achievement and behaviour. Positive relationships between school and home allow the child to feel safe, secure and confident



## *Loved - Inspired - Shining*

At the heart of nurture is a focus on wellbeing and relationships and a drive to support the growth and development of children and young people.

1	Children's learning is understood developmentally	We are all individuals. That means not everyone learns at the same rate or time. We respond to our children at the stage they are and focus on the whole child when planning our curriculum.
2	The classroom offers a safe base	School should be a calm, safe environment for everyone. We provide a welcoming, safe environment with a family feel which promotes warmth and emotional safety as well as physical safety.
3	Nurture is essential for the development of wellbeing	Looking after ourselves and other people makes us feel good in mind and body. We invest in strong and trusting relationships, based upon the schools values of love, trust and kindness.
4	Language is a vital means of communication	Language is valued as a way of putting feelings into words. All staff understand that the language we use when communicating with our children, family and colleagues can shape their thinking, feeling and actions.
5	All behaviour is communication	We know that many of our children have not yet developed the language to tell us how they are feeling and often this is expressed through their behaviours. All staff are trained to look beyond the behaviour to see what the child is trying to tell us and to help them to find ways to label and manage these emotions differently.
6	Transitions are important	Change happens all the time. It can be exciting but it can also be scary. We recognise the importance of how day to day transitions are managed, as well as careful preparation for more significant challenges and events. Transitions can be difficult for many people because it involves change, and even small transitions can cause anxiety.