

The Nest @St Helen's

A Guide for Parents and Carers



Children and young people are dealing with social, emotional, and mental health (SEMH) issues like never before. In the UK, the need for better support was widely recognised even before the outbreak of Covid-19, but the crisis has deepened.

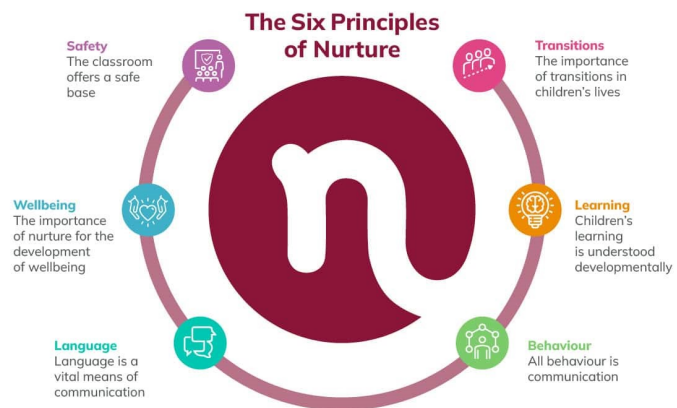
Welcome to 'The Nest' @St Helen's

What is nurture?

Nurture is a tried and tested way of helping children develop vital social skills, confidence and self-esteem, ensuring they are able to learn. It encourages pupils to take pride in achieving – addressing the social and emotional needs that can hamper learning.

There are six principles of nurture:

The aim of providing a 'Nurture Room' at St Helen's is to create a calm and safe space for children to learn how to regulate their emotions and build their resilience. This will then provide the tools they need to access the classroom, successfully.



Who will access 'The Nest'?

Children will access the resource at different times in the school week/year.

- Some children will 'dip into' the space at agreed times to support their emotional regulation.
- Some children will spend longer periods of time in the provision to strengthen their ability to self-regulate and manage their big emotions. The aim will always be to re-integrate these children back into their peer group when appropriate.
- Some children with EHCPs will access the room with their support adult with prior agreement with the SENDCo, Helen Hardy.

Parents and Carers will always be involved in the discussions to agree the most suitable support for their children.

Our children's needs are changing and we need to adapt our provision to create safe environments that enable all pupils to build healthy relationships, and develop the confidence and resilience they need to succeed both academically and in life.

The Senior Leadership Team