

TOGETHER WE GROW

Inclusion Newsletter - edition 3



Welcome to our third issue of Together We Grow!

This newsletter is our way of keeping you in the loop, celebrating all the wonderful things happening in our school, and sharing ideas for helping every child feel that this is their place to belong. When we grow together — we all bloom!

RELATIONSHIPS ARE EVERYTHING!

Before our children even step foot in school, we do all we can to foster warm, supportive and welcoming relationships with our children and their families.

Not only are our staff caring and friendly; but they are all training and passionate about the concept of *'unconditional positive regard'*.

What is unconditional positive regard?

It means 'to accept and value another person completely, without judgment, conditions, or evaluation, fostering a safe space for genuine self-expression and growth'.

This is fundamental to our school ethos and all relationships which grow and are nurtured at Thurlstone.

How do we spot children who are struggling with their wellbeing?

Because relationships are strong with our pupils, staff can usually tell if something is not quite right. They can then take steps to address concerns.

Teachers also have systems in place in the classroom which enable children to discuss and share any worries they might have. This may be through journaling or specific sessions, tasks and activities which directly address wellbeing and emotions.

Children are taught that they can share their worries with anyone they choose in school and that their worries will be listened to and they will be supported in a caring and sensitive way.

How can you help at home?

- Encourage children to share their worries no matter how small.
- There are some excellent books available to support wellbeing. If you'd like some recommendations, just ask!

IN THIS EDITION....

.... how do we support children who are struggling with their wellbeing so that they feel they belong and are supported?



How do we support children who have more concerning wellbeing issues?

This all depends on the severity of the issue. Some children will benefit from regular wellbeing check-ins with a trusted staff member. Some may benefit from additional support from external partners such as Compass Be.

Parents will always be contacted if school feels a child needs this level of support.

How does our curriculum support mental health and wellbeing?

myHappymind has a strong focus on supporting the wellbeing of children and staff! The programme teaches children how the brain works; how to recognise their character strengths; how to develop an 'attitude of gratitude'; how to manage emotions; how to develop and maintain strong friendships and how to set goals and achieve them. All these elements help children grow a strong self-esteem and empathy for others.

Don't forget you can borrow a 'myHappymind' handbook from school!