

NURTURE Newsletter

The Classroom Offers a Safe Space

Life at Berrow Primary

Life at our school is built on the simple but powerful belief: children learn best when they feel safe, valued, and understood. Every day, we work together to create classrooms that are calm, predictable, and full of encouragement.

Our classrooms are designed to be emotionally and physically safe spaces.

We focus on:

- Warm, respectful relationships
- Clear and consistent routines
- Positive behaviour support
- Celebrating effort and progress
- Helping children understand and manage their emotions.

What this looks like at Berrow Primary

Regulation Stations

Each classroom includes a Regulation Station — a dedicated area where children can take a moment to reset and refocus so that they are regulated and can return to learning

These spaces may include:

- Sensory widgets and fidget tools
- Calm breathing prompt cards
- Emotion visuals

Visual Timetables & Predictable Routines

Structure builds confidence. Across the school, you will see:

- Visual timetables in every classroom
- “Now and Next” boards
- Clear transitions between lessons

Resources That Support Learning

To ensure every child can access their learning, we use supportive tools such as:

- Social stories
- Manipulatives
- Word mats
- Widget symbols

These supports help children regulate their bodies and emotions so they can focus and thrive academically.



A Nurturing Message

Here are some simple ways to extend our nurturing approach at home:

- Practice “5-finger breathing” together:
Trace each finger slowly while breathing in and out.
- Feelings Check-In
“How are you feeling today?”
- Regulation Toolbox
Make a box with, a favourite book, soft item and a drawing pad

Working Together

Children thrive when home and school work in partnership. By using shared language around emotions, routines, and regulation, we build strong foundations for lifelong learning and wellbeing.

If you would like more information about any of the strategies mentioned above, please do not hesitate to contact your child’s class teacher.

Thank you for your continued support in helping us make our classrooms safe, nurturing spaces for every child.

