



# Victoria Road

## Nurture Principle of the Week

We feel safe in school

Last week we launched the second of the **'Six Principles of Nurture'** with the children with a whole school assembly:

*We feel safe in school*

We want all children to feel safe in school and understand that there is always an adult they can talk to in school. Classrooms have worry dolls and check in spaces where they can discuss their feelings with an adult when they come into school if they have had a tricky morning.

Over the holidays, the staff have worked really hard to make their classrooms more nurturing and homely and we have also renovated our spaces in Byrne House. We now have a calming 'nurture room' which is a space for children who are struggling throughout the day or need a space to calm.

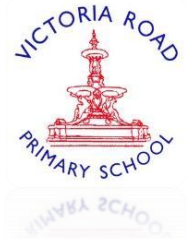
If you would like to support at home, here are some fun activities you could try:

### **Some suggested activities for you to help at home:**

- **Make a 'I am safe at school' poster about being at Victoria Road. Think about what makes you feel safe, the people and what makes you feel safe in your classroom.**
- **Write a letter to a new pupil joining Victoria Road telling them the reasons they should come and join us and what they would like about the school and why it is safe.**
- **Create a fact file about a person who makes you feel safe (parent, friend, teacher, community member)**
- **Draw a picture or take a photo of somewhere you feel safe at home or school.**



- If you could create a 'safe space', what would you have in it? Can you draw this and label it?
- Create an imaginary safe place on the playground (eg. Den, gazebo, tent, tree house) what would it look like and have in it to help you feel calm and included?
- Write a set of instructions for another child about how to stay safe in school (think about the classroom, in the hall, at PE, in the playground, on a school trip, walking to and from school)
- Try some meditation to help you feel calm and maintain a healthy mind. Try these free meditation downloads  
<http://www.teachchildrenmeditation.com/resources-to-help-you-teach-kids-meditation-mindfulness/meditations-for-teens-kids/>



(We would love to see some photos or examples of work, so please do send them in to show us what you get up to or email photos to [office@victoria-road.kent.sch.uk](mailto:office@victoria-road.kent.sch.uk) )

Thank you for your support and watch out next week for Principle 2.

Mrs Collens & Mrs Redman

(Nurture leads)

