



# Nurture at Northleaze

@NorthleazeCofE



@NorthleazePrimary



[www.northleaze.n-somerset.sch.uk](http://www.northleaze.n-somerset.sch.uk)

# Welcome



# What do we mean by Nurture?

## Nurture at Northleaze

## The Importance of Wellbeing

## Children's Mental Health

## Our Nurture Room



What do we mean when  
we say nurture?

# Nurture at Northleaze



**Nurture** at Northleaze means showing kindness and compassion to others and yourself. It is about creating a safe space for us all to grow and being supportive to others so that we can all let our lights shine.

## The Six Principles of Nurture



# The Six Principles of Nurture

## Safety

The classroom offers a safe base



The Six  
of

## The Six Principles of Nurture

### Wellbeing

The importance of nurture for the development of wellbeing



## The Six Principles of Nurture

### Language

Language is a vital means of communication



## The Six Principles of Nurture



### Behaviour

All behaviour is communication

# The Six Principles of Nurture



**Learning**  
Children's learning is understood developmentally

**Play**  
Children learn through play

**Trust**  
Children learn in a trusting environment

**Relationships**  
Children learn through positive relationships

**Choice**  
Children learn through choice

**Respect**  
Children learn through respect

**Empowerment**  
Children learn through empowerment

## The Six Principles of Nurture



**Transitions**  
The importance of transitions in children's lives

**Trust**  
The importance of trust in children's lives

**Respect**  
The importance of respect in children's lives

**Empowerment**  
The importance of empowerment in children's lives

**Partnership**  
The importance of partnership in children's lives

**Wellbeing**  
The importance of wellbeing in children's lives

**Equality**  
The importance of equality in children's lives

# Nurture at Northleaze

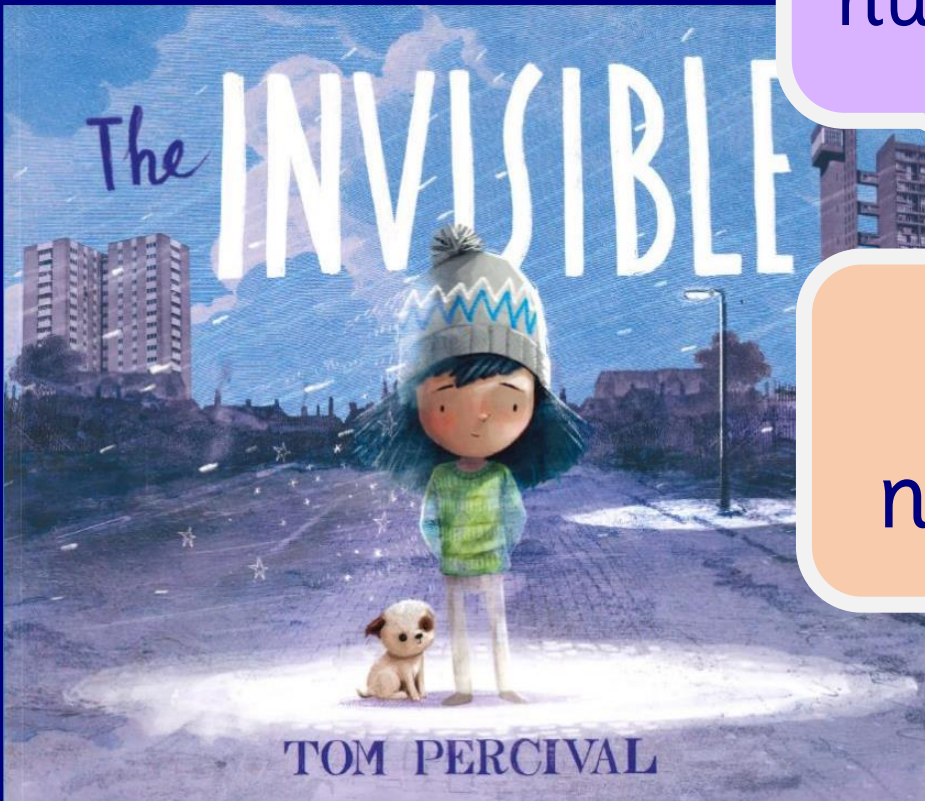


How can I provide nurture for others?

Who provides nurture for me?

How can I nurture myself?

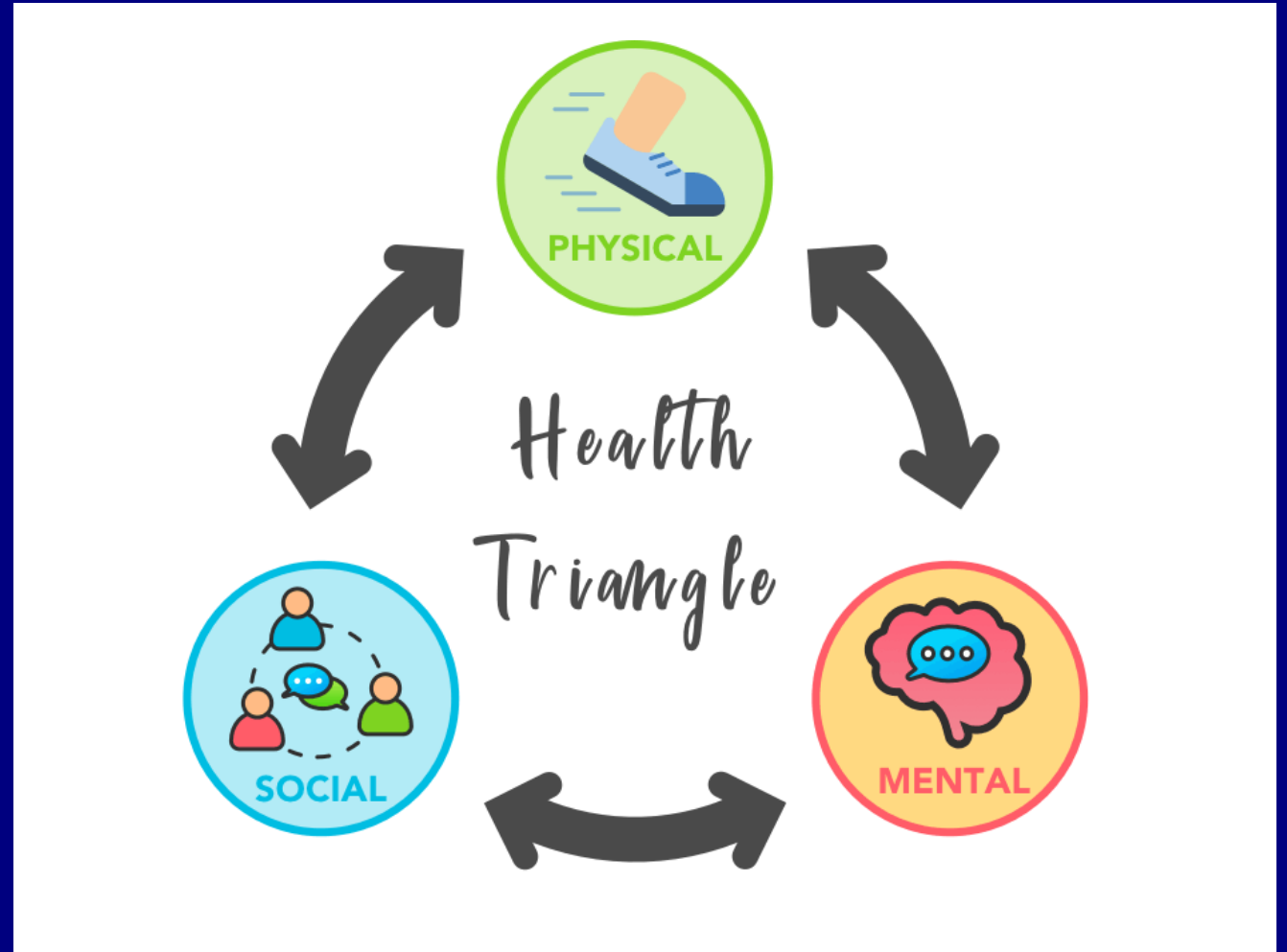
When do I feel nurtured?



## What additional work are we doing?

- Nurture room
- Calm room
- Dedicated lessons
- Zones of Regulation

# The Importance of Wellbeing



# Why is Mental Wellbeing Important?

Helps us to feel able to cope with life's challenges

By looking after our mental health and wellbeing, we improve our relationships with those around us

Better overall mental and emotional health leads to us feeling happier and reduces stress levels

Our mental health affects how we think, feel and act - it's important we take care of ourselves

Paying attention to our mental and emotional health decreases the risk of experiencing mental illness



# Why is Physical Wellbeing Important?

Keeping healthy and active reduces all-risk mortality by 30%

Sleeping better allows your body and mind to recharge

Eating well helps balance metabolism and improve digestion



Regular activity will improve flexibility and strengthen muscles and improve bone health

Improving hydration helps physical and mental health

Better overall physical health leads to better energy levels

# Why is Social Wellbeing Important?

We develop the skills to create communities and feel safe

It allows us to build and maintain healthy relationships



Better overall social wellbeing results in us feeling happier and improves our enjoyment levels

Having a good support network improves our mental health and reduces stress levels

Social interaction with friends, family and colleagues helps improve our confidence and self-esteem

Where can you find support if you are worried about your child's mental health and wellbeing?

## In school – ELSA

An ELSA in a school is an **Emotional Literacy Support Assistant**.

ELSAs are experienced Teaching Assistants who are specially trained and regularly supervised by Educational Psychologists.

ELSAs can support with a range of issues including:

- loss and bereavement
- self-esteem
- social skills
- social skills
- anxiety
- emotional regulation



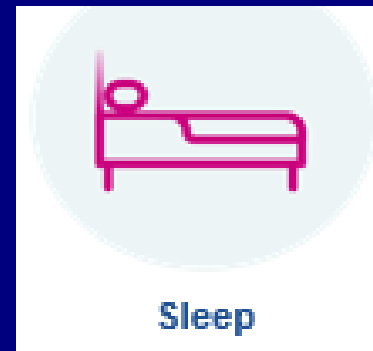
# Where can you find support if you are worried about your child's mental health and wellbeing?

## In school – Referral to the school nursing service

The NHS School Nursing Service work across Bristol, North Somerset and South Gloucestershire with a focus on prevention and early intervention.

The service acts as a first point of contact for health advice and signposting.

Areas for support include:



To access the School Nursing Service support:

Discuss your concerns with your child's class teacher who will ask the SENCo to make a referral.

# Where can you find support if you are worried about your child's mental health and wellbeing?



CAMHS helps children and young people up to the age of 18 years who are finding it hard to cope with everyday life because of mental health difficulties.

Often children, young people, their families and carers will be supported by another organisation before they come to CAMHS.

A child can be referred to CAMHS via the GP or through their school.

Find out more about CAMHS in North Somerset here:

<https://www.awp.nhs.uk/services/children-and-young-people>

# Where can you find support if you are worried about your child's mental health and wellbeing?

@NorthleazeCofE



@NorthleazePrimary



www.northleaze.n-somerset.sch.uk

## North Somerset and Bristol

**North Somerset  
Mental Health and Wellbeing**

Directory of Services for Children and Young People

Healthier Together  
Improving health and care in Bristol,  
North Somerset and South Gloucestershire

North Somerset  
COUNCIL

NHS  
Avon and Wiltshire  
Mental Health Partnership  
MHP Trust

<https://bnssg.icb.nhs.uk/wp-content/uploads/2022/03/North-Somerset-Directory-January-2025.pdf>

**OTR**  
North Somerset

Our address is 40a Rodney Road, Backwell, BS48 3HW  
07399468401

OTR is a **mental health social movement by and for young people** aged 11-25 in North Somerset. Getting free wellbeing info support couldn't be easier - explore this website and sign-up directly to the **project or service** you want to try. We'll also be saying hi in your schools!

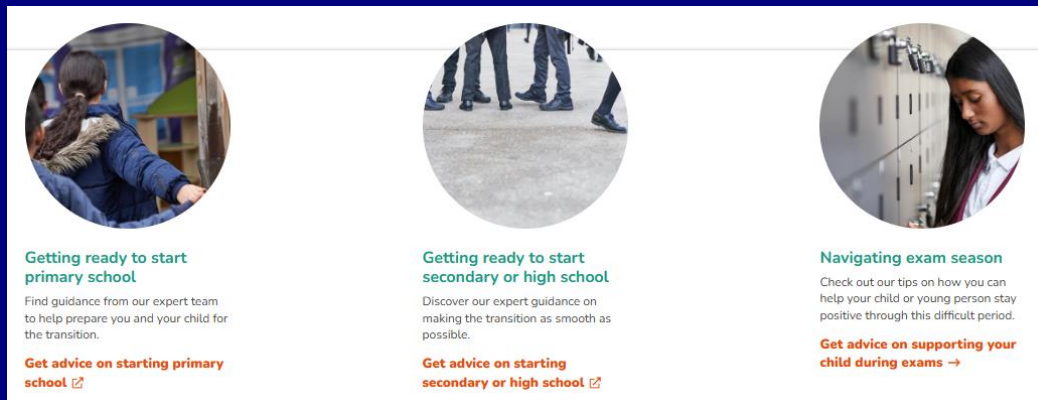
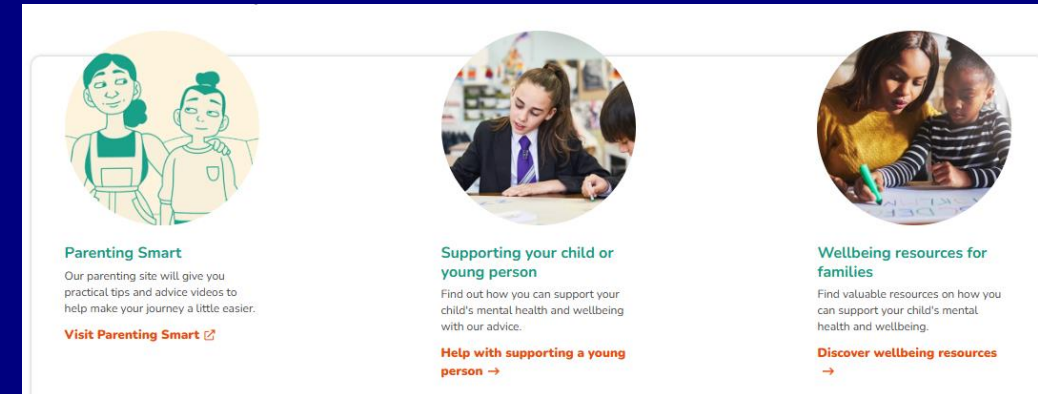
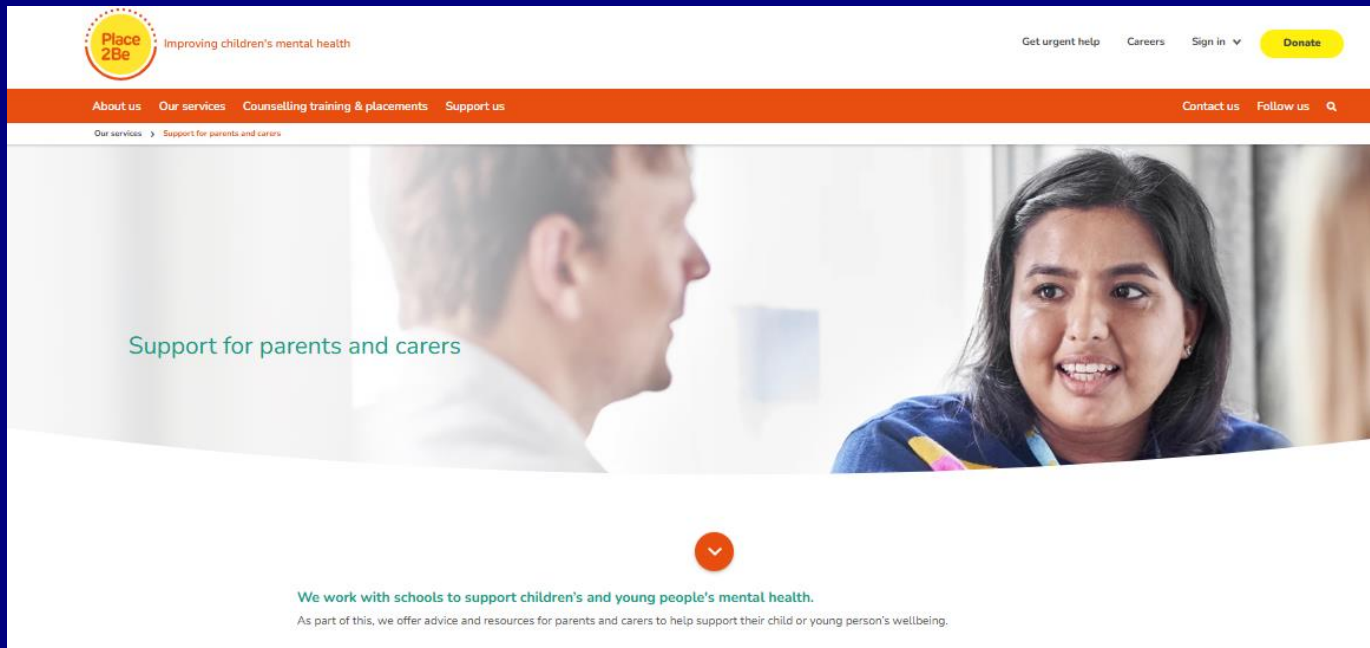
<https://otrnorthsomerset.org.uk/>

# Where can you find support if you are worried about your child's mental health and wellbeing?



## Online

<https://www.place2be.org.uk/>



# Where can you find support if you are worried about your child's mental health and wellbeing?



## Online

<https://www.happymaps.co.uk/>

English

HappyMaps

Search

HappyMaps

BMJ Awards  
Highly Commended  
Mental Health Team  
of the Year 2021

COMMUNITY FUND

Home Parents and Carers ▾ For Children and Young People ▾ For Professionals Support Us

Age-appropriate guidance to support your child

For Parents and Carers

Preschool 0-5 years >

Primary school >

Secondary school+ >

### Includes:

- Recommended websites
- Recommended books
- Topic A- Z – with advice / further info for a HUGE range of topics

# Where can you find support if you are worried about your child's mental health and wellbeing?



## Online

<https://www.youngminds.org.uk/>

**YOUNGMINDS**    Mental health support ▾    Support us ▾    Training and resources ▾    About YoungMinds ▾    Real stories

**You are not alone**  
However you're feeling right now, things can get better. And we're here to help.

Find help and advice    Support us

Mental health support ^    Support us ▾    Training and resources ▾    About

**I am a young person**

- My feelings
- Coping with life
- Mental health conditions
- Medications
- Supporting a friend
- Real stories
- Your guide to support

**I am a parent**

- Parents' A-Z mental health guide
- The parents and carers' guide to looking after yourself
- How to talk to your child about mental health
- Blog
- Getting support from mental health services

I need urgent help    Parents Helpline

# Where can you find support if you are worried about your child's mental health and wellbeing?



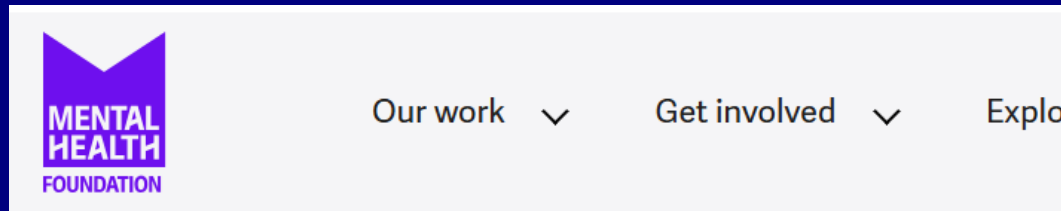
## Online

The screenshot shows a website page with a pink background. At the top left is a green arrow-shaped logo with the text 'family action'. In the top center is the 'FamilyLine' logo with the text 'call, text, email or web chat'. At the top right are two buttons: a green 'Donate' button and a white 'MENU' button with a hamburger icon. Below the navigation is a breadcrumb trail: 'Home > Self Help > Children's mental health – 5 simple ways to help'. The main heading is 'Children's mental health – 5 simple ways to help' in large, bold, dark blue text. Below the heading is the date '17 June 2024'. At the bottom left are two green buttons: 'Mental Health & Wellbeing' and 'Parenting & Family Life'. On the right side of the page is a circular image showing a young boy in a yellow jacket and a man in a blue denim jacket and glasses looking at a tablet together.

# Where can you find support if you are worried about your child's mental health and wellbeing?



## Online



### Factors that affect mental health

Learn more about the different biological, psychological, and social factors that can impact your mental health.

[Learn more](#)

### Getting help for your mental health

Find out how you can help yourself, what external support is available, and what to do in a crisis.

[Learn more](#)

### Mental health within different communities

Discover mental health information, tips, and advice that's relevant for different groups of people.

[Learn more](#)

Home

# Explore mental health

### Looking after your mental health

We want everyone to live mentally healthy lives. Luckily, there is plenty of evidence for the things that can help.

[Find ways to look after your mental health](#)



### Supporting someone else with their mental health

You can do many things to help if someone you know is experiencing mental ill-health.

[Find ways to support someone else](#)



# Where can you find support if you are worried about your child's mental health and wellbeing?



## Online



Films for Parents / Carers

[See films for Teachers / Professionals](#)

## Films for Parents & Carers

The short films and accompanying fact sheets below have been prepared to help parents and children who may have a diagnosis, may be showing symptoms of a potential mental health condition or may be struggling as a result of the Covid 19 pandemic.

Child Mental Health Conditions

Neurodivergent Conditions

Wellbeing

More Info

# Children's Mental Health Week

3<sup>rd</sup> – 9<sup>th</sup> February 2025



The theme for 2025 is focus is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

At Northleaze, we will be enjoying whole school and class assemblies focused on mental health and wellbeing as well as our 'Wellbeing Wednesday' which will include coming off timetable to enjoy a range of fun activities. There will also be the chance to wear non-school uniform and 'express yourself'!