



Kilcreggan Primary & ELC Nurture Newsletter

Hello and welcome to our newsletter,

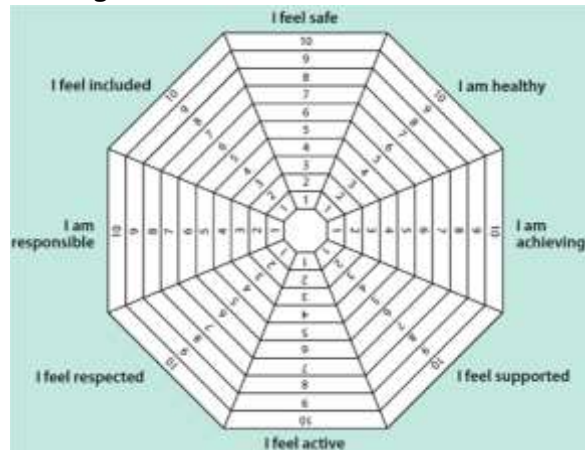
In this newsletter, we will share what the Nurture Group has been doing this year to help make our school more nurturing and to work towards achieving our Silver Argyll and Bute Nurture Award.

Understanding Our Wellbeing - SHANARRI

We helped all classes complete their **SHANARRI Wellbeing Webs**.

SHANARRI stands for:

- **Safe**
- **Healthy**
- **Achieving**
- **Nurtured**
- **Active**
- **Respected**
- **Responsible**
- **Included**



These webs help us explain how we are feeling. Teachers use this information to support us and make sure everyone gets the help they need.

Quiet and Calm Corners

We designed **posters for every classroom** to help children find their **Quiet and Calm Corner**.

These are spaces where children can go if they:

- Feel overwhelmed
- Have big emotions
- Need time to calm down

This helps everyone feel more settled and ready to learn.



Feelings Lanyards

We also created lanyards to support emotional regulation.

Each colour represents a feeling and gives strategies to help:

- Red - strong or angry feelings
- Orange - tired or unsettled
- Blue - sad or low
- Green - calm and ready to learn



These are kept in each classroom for children to use when needed.

Above and Beyond Box

We created an **Above and Beyond Box** to celebrate kindness in our school.

Pupils, staff and visitors can write a note to recognise someone who has:

- Been kind
- Helped others
- Shown responsibility
- Done something special

This helps us focus on the positive things happening every day.

Playground Charter

We also created a new **Playground Charter**.

We noticed that not everyone was having a positive experience at playtime, so we:

- Asked pupils and staff for their views
- Used children's rights from the UNCRC
- Created a charter together

The charter explains how we can all:

- Keep the playground safe
- Be fair and respectful
- Help everyone enjoy their break times

Thank you for taking the time to read about our work.

We are proud of what we have achieved and will continue working to make our school a place where every child feels:

safe, calm, supported and ready to learn.

From the Nurture Group



Children (Rights Holders) respect these rights by...	Our Rights	Adults (Duty Bearers) uphold these rights by...
Looking out for one another, using kind words and including everyone in games. Use the playground equipment safely.	We have the right to play and rest Article 31	Listening to everyone's views and resolving issues fairly. Remind children to use playground equipment safely.
Sharing any worries or problems with adults.	We have the right to give our opinion and for adults to listen Article 12	Making sure everyone is happy and helping anyone who is hurt.
Treating everyone equally and with respect.	At school we learn to live peacefully and respect other people Article 29	Treat everyone equally, respectfully and ensuring rights are being upheld.
Helping others and reporting any problems in the playground. Be safe in the playground and Outdoor Classroom.	We have the right to be protected from being hurt and mistreated, in body or mind Article 19	Making sure the playground is safe and welcoming so children can feel secure and have fun.