

Improving Mental Health and Resilience in Schools at The Grove Nursery School

Claire Navaie



Maintained Nursery Schools

- Maintained Nursery Schools (MNS) are funded and controlled by the Local Authorities. There are 5 in Southwark (385 in England). Many are located in the most deprived areas.
- MNS are led by a Headteacher and employ other qualified teachers.
- MNS are inspected by Ofsted in exactly the same way as primary and secondary schools.
- MNS offer places to children aged from 2, up to and including, rising 5's.
- MNS have high levels of expertise in supporting children with SEN/D. The proportion of children with SEN/D (including children with complex medical needs) in MNS is well above the sector average.



The Grove and Kintore Way Nursery Schools

- ▶ The Grove Nursery School is situated on the border of Camberwell and Peckham. We have been open for over 45 years.
- ▶ We are federated with Kintore Way Nursery School, situated in Bermondsey. Kintore Way has been open for over 80 years.

The Grove - our beautiful Nursery School




Our beautiful Nursery School






Lead up to IMHARS

- ▶ Early Intervention is key, the earlier we support children with identified needs the better.
 - ▶ Forming a positive attachment underpins all our work.
 - ▶ Emotion coaching is something we recognise all children need support with in the early years.
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IMHARS during lockdown

- ▶ The pandemic and lockdown shaped our project.
 - ▶ We wanted to support our community and they wanted to be supported.
 - ▶ Staying in touch.
 - ▶ Home Learning.
 - ▶ Home Learning packs.
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Home Learning

This Week's Home Learning

Week 1
25.03.20

Do not worry too much about learning. Have daily routines and talk to others by phone and social media. Here are some ideas to help fill the time. Please follow social distancing and self isolation instructions to keep everyone safe and well.

Personal, Social and Emotional

Talk about family, friends or people you love and how they might be feeling. Think of someone to draw a picture for, write a short message and send it in the post (*or if posting is not possible photograph it on your phone and send*)

Draw

Communication and Language

This week's poem from our Poetry Basket:

Popcorn

*Popcorn, Popcorn, sizzling in the pan.
Shake it up, shake it up,
Bam, Bam, Bam.
Popcorn, Popcorn, now it's getting hot.
Shake it up, shake it up,
Pop, Pop, Pop*



Rhyme

Physical

Joe Wicks is running virtual **PE classes** to make sure kids are keeping fit from home. These classes are livestreamed at 9am every morning:

<https://www.youtube.com/user/thebodycoach1>

Digital

Literacy

Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



Story

Mathematics

Play a board game with a dice, counting the spots on the dice and moving along the board. (To make this more challenging, add an extra dice, roll both and count the total number of spots)



Play

Understanding of the World

Watch this clip of a chick hatching:
<https://thekidshouldseethis.com/post/egg-tooth-hatching>
Then discuss:
"I wonder what other animals hatch out of eggs?"

Talk

Expressive Arts and Design

Make a musical instrument using things you can find around the house (box + elastic band guitar, tin + dry rice shaker, tin and wooden spoon drum). Then play and sing your favourite song!

Make

Home Learning

This Week's Home Learning

Week 6
04.05.20

Personal, Social and Emotional

Even when you are little there are lots of things you can do at home to help. You could: help chop vegetables, make your bed, match socks, sweep the floor, tidy away your toys, make yourself a sandwich...

How will you help at home?

Helping



Communication and Language

A poem about Dandelions

Take a breath then blow
You be the wind that makes seeds go
Tiny boats on a sea of air
Sailing off to who knows where
These seed explorers seek new land
To put down roots to firmly stand
Beneath their own small suns that shine
A bold fresh start for a dandelion



Speak

Claire is reading the poem on The Grove Twitter page

Physical

Lets make our fingers and hands strong:

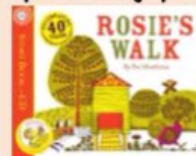
- Scrunch up pages of an old newspaper and 'shoot' them into a bin/pot.
- Thread penne pasta onto string/pipe cleaner to make a bracelet.
- Squish/squash/roll dough (play dough).
- Help to hang out the laundry clipping washing pegs onto the line.

Strengthen

Literacy

Listen to (and watch) Sue read one of her favourite books "Rosie's Walk". Check your emails for the link which will take you to our YouTube channel.

Snuggle up and enjoy a story.



Story

Mathematics

After listening to "Rosie's Walk" can you be like the fox and Rosie by practising going over/under/in/on/behind/on/next to? Your grown up can give you instructions and you follow them eg go under the duvet, go behind the curtain...Or you could make an obstacle course!

Think and Do

Understanding of the World

There are lots of dandelions growing in the park at the moment. Look out for them in their different stages:

- 1) Plant/leaves
- 2) Buds
- 3) Flowers
- 4) Puff ball
- 5) Seeds blowing away



Look and find

Expressive Arts & Design

Spring Sensory Bottle

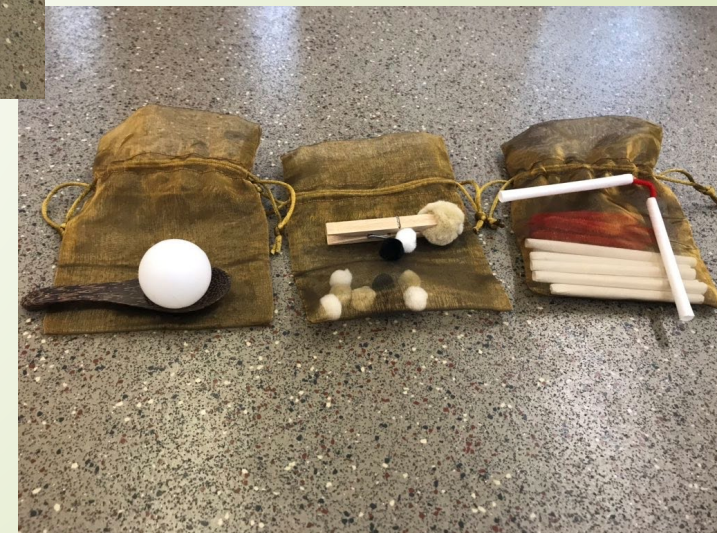
- 1) Pick some dandelions and daisies at the park.
- 2) At home put your flower heads in to an old water bottle. Maybe add some sparkly gems/pompoms.
- 3) Fill your bottle with water almost to the top. Screw the lid on tight and enjoy watching your creation

Create




We hope all our families are safe and well. Please don't put yourselves under too much pressure with the home learning - these are just some fun activities you can try. Spend time with your children but remember to also try and take some time for yourself as well. [Claire: cnavai@grove.southwark.sch.uk](mailto:cnavai@grove.southwark.sch.uk) Sarah: smaskell@grove.southwark.sch.uk

Home Learning Packs





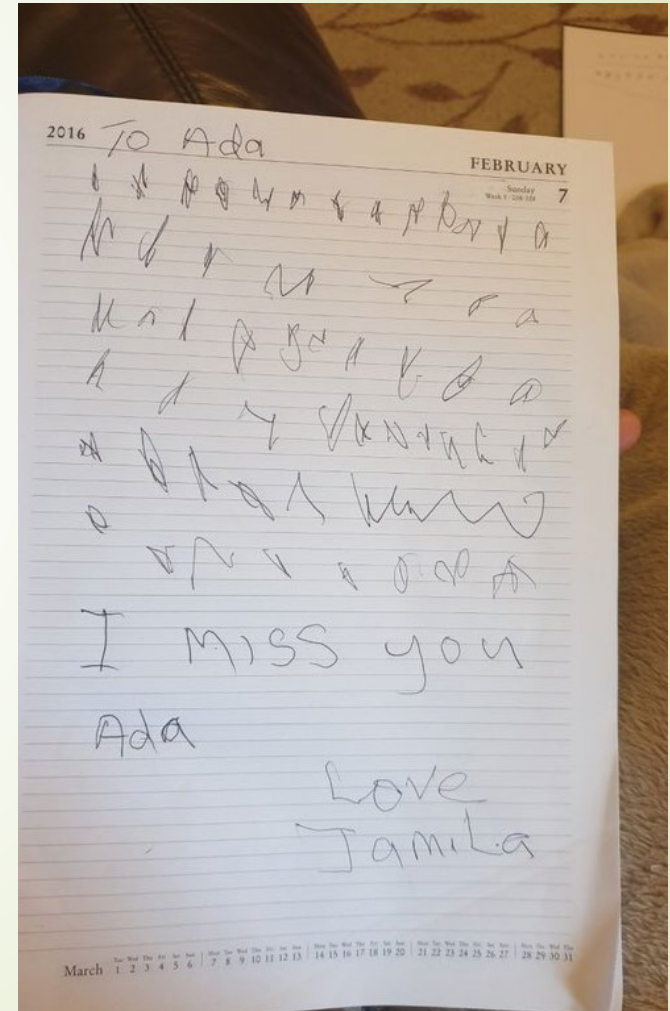
Supporting families in new ways

- ▶ Social media: Twitter, YouTube.
 - ▶ Celebrating children's home learning.
 - ▶ Strategies for parents to use to support children's well-being.
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Home Learning via Twitter



Home Learning via Twitter



Home Learning via Twitter





Home Learning via YouTube

- We set up a YouTube channel for the Federation.

Poems

- <https://www.youtube.com/watch?v=tD07DTqCIS4>

Transient Art

- <https://studio.youtube.com/video/17Wgz0FzDB0/edit>

A celebration

- <https://www.youtube.com/watch?v=jzLJR6TIRRI>

Strategies for parents to support well-being

A Brief Introduction to Supporting Young Children's Behaviour and Emotional Regulation

Below is a guide to how we can help young children to manage their feelings and regulate their behaviour. Some of this you will already be doing without realising what a great starting point you are giving to your child's emotional development. It is important to remember that all children develop at different rates and some may learn these skills more easily than others.



Attachment:

A strong healthy attachment with a parent or carer is central to children's emotional regulation. With a secure attachment children can learn to regulate stress in times of distress or anxiety. Spending time tuning in to children and enjoying each other's company will help to strengthen this bond, which should in turn impact on their behaviour.



Conflict: Sharing is incredibly difficult for young children to do and so there will always be conflicts when children play together. Learning to resolve problems themselves is a valuable skill that will help them as they get older. Here is a simple model to help you teach this skill:

6 Step Conflict Resolution

Step 1. Approach Calmly - Deep breaths

Step 2. Acknowledge Feelings - I can see you're feeling...

Step 3. Gather Information - What happened?

Step 4. Restate the problem - I will repeat what you said

Step 5. Brainstorm Solutions - 'What should we do now?'

Step 6. Follow Up - I will help you with your plan...



Emotional Outbursts

(often referred to as "Tantrums")

Having overwhelming emotions is a normal part of a child's development. However challenging, adults should:

- remain calm
- make sure the child is safe
- de-escalate the situation by talking calmly
- find a way that works to help your child calm down
- when calm, discuss the problem, find a solution together



Emotion Coaching

Emotion coaching uses incidences of "negative behaviour" as opportunities to teach children strategies for coping with difficult situations and emotions. It also reduces stress and builds trust and positive attachments. The key things to remember are:

- Be aware of and recognise your child's emotion
- Listen with empathy and validate your child's feelings
- Help your child learn to name their emotions
- Set limits and help your child solve problems or deal with upsetting situations appropriately

Address the emotion your child is feeling before discussing the unwanted behaviour so they are calmer and more rational

Rewards and Sanctions

These have very limited benefits. Rewards can help with changing some very specific behaviours but should be used with caution as can also be detrimental. This approach focuses more on behaviour and doesn't teach children how to deal with difficult emotions.

- For further reading and more information on these points or strategies for more specific behaviours such as gun play or biting see the "Behaviour support for parents" document attached
- If you would be interested in a free online course to learn more about...

Calming strategies



In situations where emotions are running high it is crucial to ensure everyone is calm before it's possible to deal with behaviour, think rationally or sort out a problem. Try:

- Take deep breaths
- Count to 10
- Squeeze a stress ball
- Watch the glitter settle in a sensory bottle or snow globe
- Play with a favourite toy
- Movement -Rocking, swinging
- Pictures of favourite people
- Why not make a calming box?



See sheet "Making your own calm box"

Whole School Approach

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- School Improvement Plan
 - Policies – Relationship and Behaviour Policy
 - Behaviour Principles
 - Training during lockdown - ACES
 - Assessment feeding into planning for the Unique Child
 - PSED meetings - an agreed approach to supporting individual children
 - Attachment Boxes
 - Exploring feelings and emotions, using books and other resources



Attachment Boxes

- ▶ Lockdown procedures drastically changed our settling in procedures.
- ▶ Need to support children (as young as 2) when separating from parents.
- ▶ Help soothe and comfort a child when feeling distressed or anxious.
- ▶ Contain special objects that stimulate the senses e.g. touch: a soft toy, sight: family photos, smell: fabric with familiar scent e.g. mummy's perfume.

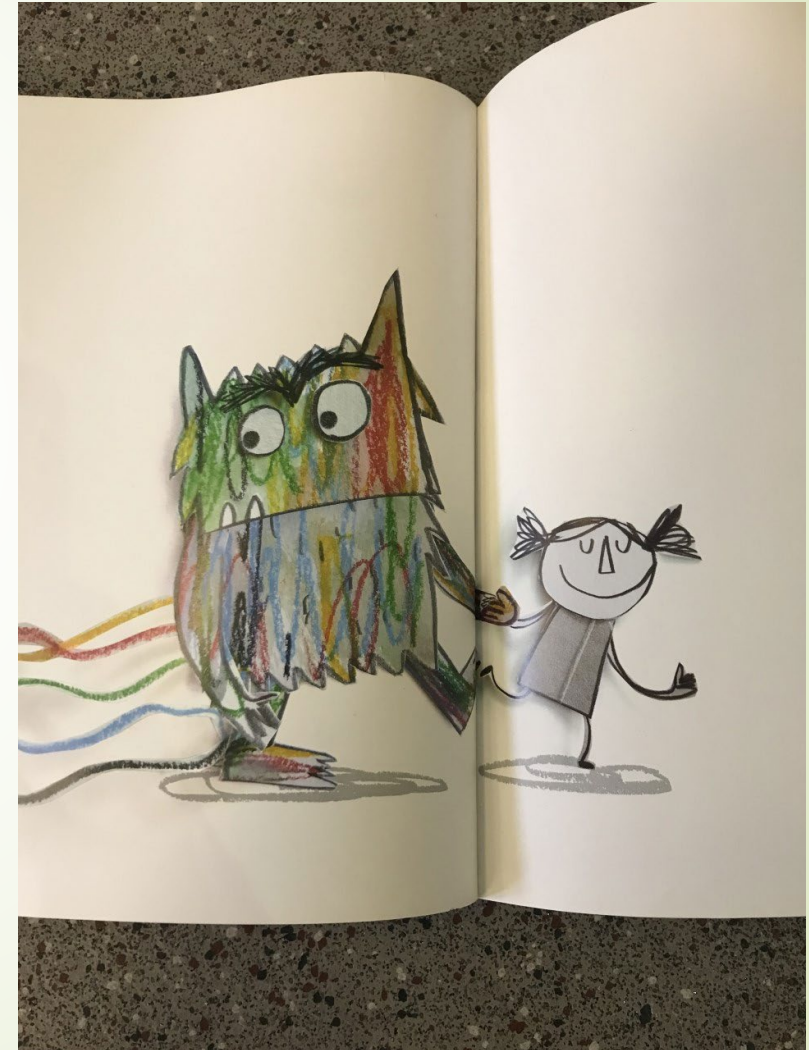
Attachment Boxes



Exploring feelings and emotions



Exploring feelings and emotions




Exploring feelings and emotions

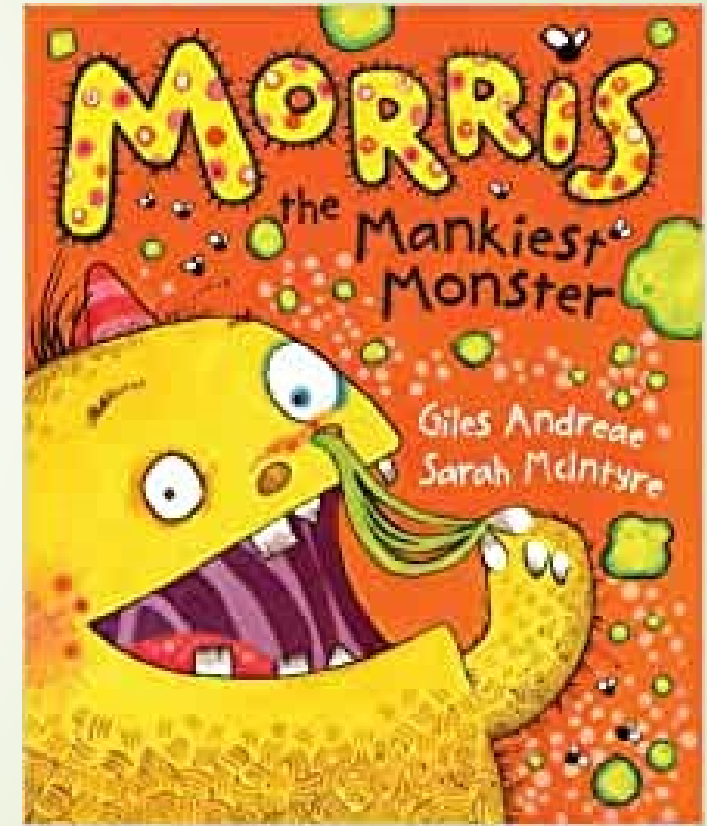
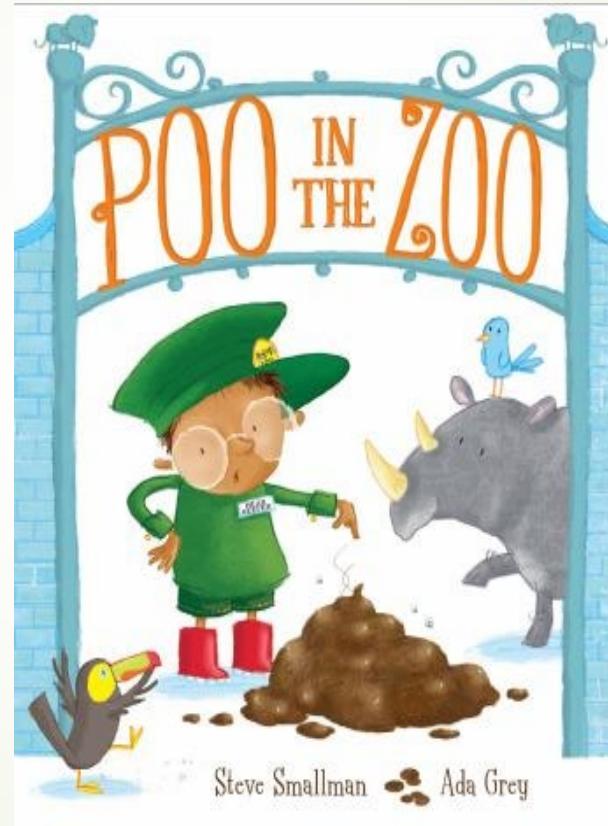
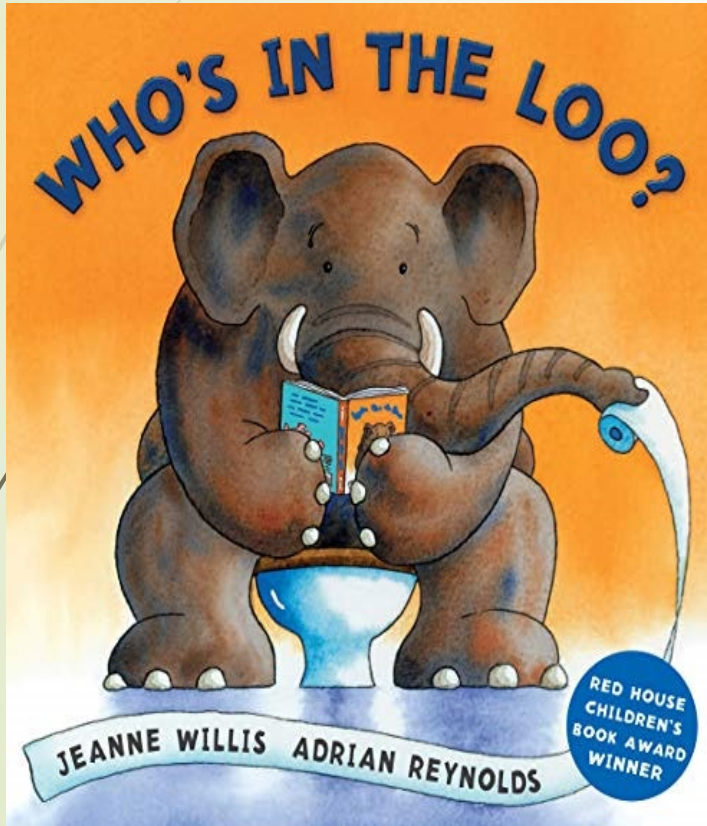




Fun!

- ▶ Humorous books
 - ▶ Music and movement
 - ▶ Soft Play
 - ▶ Yoga
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Humorous books



Music and Movement



Soft Play



Yoga Babies



Yoga





IMHARS at The Grove – a mini film

➤ <https://schools.southwark.gov.uk/pshe-healthy-schools/imhars>





Impact

- ▶ The immediate impact of the activities on children's well-being is clear to see.
- ▶ Leuven Scales of Well-Being and Involvement - Level 5.
- ▶ Challenges of tracking children in free-flow.
- ▶ Next steps – more focus on specific children accessing targeted support e.g. 'Calming Corner' to track PSED.
- ▶ Child's Voice – ask children how they feel after joining in with yoga/soft play.



What next...?

- ▶ Funding applied for IMHARS Wave 2.
 - ▶ Develop Music and Movement provision.
 - ▶ Develop Calming Corner resources.
 - ▶ Develop Bucket Time resources.
 - ▶ Develop Yoga resources.
 - ▶ Track PSED of children accessing targeted activities to measure impact.
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