



# Loch PS

## Nurture Principle of the Week 6



As you know, at Loch Primary School and Nursery, we strive to be a 'nurturing school' as we believe it is important to ensure our pupils are in a nurturing environment that supports them to learn. Nurture helps us to develop our social and emotional skills to support our development as well as to develop our resilience. We planned to launch our Child Friendly 'Six Principles of Nurture' during our 'Nurture Week' in May. This is now postponed until next session but we want to continue to promote the 'Six Principles of Nurture' online by launching a 'Nurture Principle of the Week' each week with some suggested activities.

If you complete any of the suggested activities, we would love to see a photograph of this. Please upload it to Google Classrooms or send an email to Miss Simpson ([gw14lochpsht@glow.sch.uk](mailto:gw14lochpsht@glow.sch.uk)). If your parent/carer is happy for this to be shared on our website or Twitter, please ask them to write this on your message.



**Our 'Nurture Principle' this week is:**  
**The importance of transition in children's lives**  
**"Everyone faces change and Nurture can help"**



### Suggested activities:

- Read or have someone read to you "Returning to Loch Primary During Covid-19" (this is available on our school website). You could create your own story about this for someone else to read, maybe a younger sibling or a friend.
- Can you create a poster to highlight safety aspects/changes that will happen when you come back to school to make sure that we keep everyone safe (eg. handwashing, social distancing in class, social distancing in the playground, one-way system for walking, lining-up apart, etc).
- Create a fact-file all about you: your name, age, likes/dislikes, favourite subjects, family members etc. You could share this with your new teacher when you return to school or when you move to high school.
- Illustrate your favourite memory from this year in school.
- Write a list of goals you want to achieve in the new school year.
- Create a comic strip/poster/picture showing all of the things you are looking forward to this year when you start your new class.
- Write a letter to "my future self" or a diary entry. Include all the positive things that are about to happen and how you will feel. Think about how you feel now, how you feel about moving on to the next class/high school, what might help you when you move on, what you are most looking forward to, etc.

- Talk to someone about any worries you have about the new school year ahead. They can reassure you by talking about all the positive things that will happen like seeing friends, playing together and learning in your classroom again.
- Make a poster about all the people who can help you when you move on to the next stage/high school. Think about people at home and in school.
- Make a playlist of your favourite songs. If you are feeling anxious about starting school listen to these and remember everything will be great!
- Make a worry box. If you have any worries about coming back to school write them down, pop them in a box and ask someone at home to talk to you about these.
- Change Chat - ask someone to discuss change with you.  
Talk about all the changes you have had - growing from a baby to who you are now. Discuss all the things you can do now that you couldn't do as a baby. Talk about changes you can make happen like changing your hair style or your appearance. Discuss changes that you cannot control like growing older or getting taller. Talk about good changes and bad changes and how you feel about these. Remember, change can be difficult but there are people you can talk to for support (like family or teachers) and strategies to use if you are anxious (like breathing strategies, relaxing in a comfortable place, taking a walk or doing an activity you enjoy).
- Follow up task to change chat - make a list of changes you can control and changes you can't control. Write down 5 strategies you could use to help you feel comfortable with the changes you can't control.