



The Nest



Mrs Dyson



Miss Smales

Mental Health Awareness

All children and young people experience feelings of stress, anger, anxiety and loneliness at some point or another. The Coronavirus has added to this.

'The Nest' is our nurture space in school which provides a safe, calm environment, where children feel comfortable to express their emotions.

It is important to talk about how we are feeling, we may do this while being creative – sewing, painting, drawing or Lego building. All these activities are supported by Mrs Dyson or Miss Smales (Pastoral staff).

We are also here to listen to parents too. If you need to talk, please contact us and make an appointment on 01535 642271

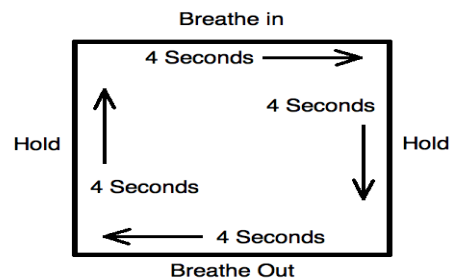


And yourself!

Be kind to each other!

4 Square breathing helps you calm down!

Follow the square with your finger.



Mothing Sunday 27th April

School breaks up on Friday 8th April

Mental health First Aiders