



Behaviour Support Service

Incorporating Positive Play and Nurture

Take Notice

Self-Care Vending Board

Why don't you set up your own school vending board in your staff room? Pin up a selection of snacks, sweets and self-care treats that you and other members of your staff team can help yourselves to during those moments when we really need something to keep us going...! You could even pin up 'vouchers' for favours and offers of help!

Be Active

Strides Against Stress

As key workers, school staff have worked through the most challenging year of their careers and this has had an impact on their mental and physical health. We hope that the ideas in our Bulletin have provided you with inspiration and given you support to reduce the impact.

Where more specialist help and advice is needed, **Education Support** provides a free helpline on 08000 562561 for any educator who is finding life challenging. They rely on donations to meet their costs and you can help them to raise money by signing up to the **Strides Against Stress** challenge and walking or running a mile a day throughout the month of April – **Stress Awareness Month**. There's more information on their website. Physical exercise is a great way of supporting your mental and physical health so get out there to make a difference to yourself and others!



Connect

Be Kind, Be Curious, Be Connected...

April is **World Autism Acceptance Month** and contains **World Autism Awareness in Schools Week** (29th March – 4th April). Did you know that one in every 100 UK school children is autistic? Without the right support, school can be a confusing and difficult place for a child or young person with Autism. **The National Autistic Society** website has a range of free resources and teaching ideas – including whole school assemblies - to help you discuss Autism, neurodiversity and difference across all the Key Stages and to help promote understanding and connection within your setting.

Give



Spring is a time for new beginnings. Why not prepare for the warmer, sunnier days ahead by having a Springtime clear out and donate all those things you no longer use or wear to a charity? In the words of the tidying expert, Marie Kondo, "Does it spark joy?" If not, gift it!



Keep Learning

The Derbyshire Nurture Team support schools to develop Nurture Groups in their own setting. A Nurture Group provides a unique opportunity to facilitate the development of confidence, self-esteem and social skills in a secure, caring environment. Ofsted support the use of Nurture Groups stating that they 'make a considerable difference to the behaviour and social skills of the pupils, through an intensive, well-structured teaching approach.'

The Nurture Team are delivering training online: **Boxall Profile training course:** Wednesday 21st April 4-6pm. The Boxall Profile is an assessment tool for SEMH needs and is a must for those wanting to put interventions into place, set targets and measure progress. This is suitable for Primary and Secondary use. Course fee - £80

There is also the **Nurture Training** for those interested in finding out more and wanting to set up a group of their own. This course is split into 8 sessions and runs weekly from Tuesday 27th April to 8th June. This course covers many areas including why pupils need Nurture (attachment, Maslow, ACES), how to plan and run a group, and how to assess pupils and measure progress using the Boxall Profile. Course fee - £340

More details can be found on Derbyshire S4S.