



Thomas Telford School Nurture Group

What is the Nurture Group?

The Thomas Telford School Nurture group has been a great success. The nurture group aims to improve student self-esteem, confidence and improve communication skills for students in Key stages 3 and 4. The group runs a range of sessions both educational and extra-curricular. Students are given the opportunity to improve life skills and work with other students to form positive relationships.

The group combines learning and fun to create an environment where students can gain confidence and self-belief over time.

The Core Process

The core process of the Nurture group is to provide a programme of intervention to support our most vulnerable students as well as to integrate the new intakes. Students who have been selected into the group have been identified via a range of processes; referrals from parents, personal tutor or the SEN team and reports from the external educators.

The intervention consists of a programme which assist the vulnerable students to feel they have a safe and affirming place where they can develop a sense of belonging and feel able to trust and talk opening.

The **sessions 3's** will comprise of a variety of activities which will include preparation, cooking and social integration, pottery painting for therapeutic reinforcement, talking and listening sessions to improve communication skills, team building sessions to encourage friendships and improve coordinating skills.

The **outdoor activity days** involve a journey which are designed to support skills in team building, developing coping strategies, building confidence and promoting resilience. During the sessions the students are required negotiate steep muddy slopes, a gorge, a scramble, an abseil and develop orienteering skills. Each activity forms part of the journey to ensure there is appropriate challenge and success. This is evaluated by way of reports.

The programme as a whole is evaluated during the spring term using an analysis through 'Healthy Development Assessment'. This is an interactive approach to psychological or psychoeducational assessment where students will be monitored and measured pre- intervention and post- intervention. As well as a questionnaire that the students fill out with their thoughts and feelings.

Nurture Group Days/Events

- Team Building days
- Problem solving events/ trips to promote team work
- Sessions with external guests/speakers to promote positive Mental health and well-being

If you are keen to learn more about the Nurture Group please speak to Mrs Herbert or Mrs Cash