

Nurture Hub

The Nurture Hub

Many schools across the country have successfully embedded nurture groups within their settings, consistently demonstrating positive outcomes for children with social, emotional, and communication needs. We are proud to offer our own Nurture Hub, which runs in the afternoons, providing targeted support to help children thrive both emotionally and socially.



Aims of Nurture

At our school, we believe that every child should be supported to reach their full potential within an inclusive, caring, and understanding environment. Our Nurture Hub provides small-group sessions, designed to help children build confidence, self-esteem, and social skills in a calm and structured setting.

The group focuses on developing positive, trusting relationships between children and adults. Children are given time and space to listen and be listened to, supporting emotional regulation and strengthening their capacity to engage in learning back in their classrooms.

Children are encouraged to talk about and reflect on their feelings in a safe environment. They are supported to verbalise challenges they may face and to develop strategies to manage their emotions, using a range of nurturing, therapeutic, and practical activities.

Implementation

Identification: Children who may benefit from the Nurture Hub are identified by staff. Selection considers social, emotional, and communication needs, as well as group dynamics, to ensure the most supportive environment for all involved.

Group Structure: Each group consists of a maximum of six children, supported by two trained adults. Sessions take place in the afternoons to provide targeted intervention without disrupting key curriculum subjects or special events.

Activities: The programme offers a wide variety of activities tailored to the needs of the children, including:

- * Speech and Language
- * Social Skills
- * Lego Therapy
- * Outdoor Learning
- * Friendship Skills
- * Emotional Groups
- * Mindfulness
- * Zones of Regulation
- * Fine and Gross Motor Skills
- * Sensory Diet Activities



Parental Engagement: Before a child begins, we discuss the aims and structure of the Hub with parents and carers, ensuring they are fully informed and can support their child's development.

Throughout all sessions, small steps and achievements are celebrated. Progress is recognised not only when children succeed but also when they persevere through challenges, reinforcing the idea that growth happens through practice, mistakes, and resilience.

Importantly, each child remains a valued member of their main class, maintaining their sense of belonging and continuing to participate in favourite subjects, special events, and class activities.

Measuring the Impact of Nurture

Our aim is for every child attending the Nurture Hub to view their time there as positive, purposeful, and enjoyable. We assess the impact of the provision through:

Feedback from teachers, parents, and carers;

Daily class records documenting changes in confidence, emotional regulation, and social interaction;

Observations of increased engagement, positive behaviours, and readiness to learn.

Through this targeted afternoon provision, we aim to equip children with the emotional and social tools they need to flourish both within school and beyond.

Session Structure and Duration

Pupils may access up to three afternoon sessions per week, with each session lasting a minimum of 30 minutes. Interventions typically run for one to two terms, depending on individual needs.



Throughout all sessions, small steps and achievements are actively recognised and celebrated. Progress is acknowledged both during successful moments and through challenges, with a focus on learning through practice, resilience, and reflection.

Importantly, pupils maintain a clear sense of belonging to their main class. Careful timetabling ensures that pupils do not miss core subjects, special events, or favourite lessons, preserving their inclusion within the wider school community.

Measuring Impact

The impact of the Nurture Hub is monitored systematically to ensure its effectiveness. This includes:

Gathering feedback from teachers, parents, and carers;

Maintaining daily records to track changes in confidence, emotional awareness, and social interaction;

Observing increased engagement and readiness to learn within the classroom context.

Through this structured afternoon provision, the Nurture Hub plays a key role in supporting pupils to develop the emotional, social, and communication skills necessary for success both within school and beyond.

