

NURTURE Newsletter

Language is a vital form of communication

Life at Berrow Primary

At Berrow, we believe that communication is at the heart of every relationship. It's more than just words — it's how we connect, understand, and support one another. For children, developing strong communication skills is key to building confidence, learning effectively, and forming healthy relationships both at home and in school.

Communication is key to a nurturing school environment. At Berrow, we encourage talking and listening in order to understand one another.

Our school has been buzzing with positivity and connection already this term! The children have taken so well to the Zones of Regulation language and use it confidently to describe how they are feeling at any given point during the school day. We are working really hard on getting them to recognise that all feelings and zones are valid, even those that make us angry and frustrated. We hope that this will bring emotional awareness, self and co regulation as well as coping strategies for our children.

The ZONES of Regulation

			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

A Nurturing Message

Remember: every smile, every conversation, and every shared story strengthens the bond between you and your child. Through communication, we nurture not only their words but their hearts.

Family Activities to Nurture Communication

Building communication doesn't need to be formal — it can happen naturally through play, shared time, and simple conversations. Here are some fun ways to get started at home:

1. "Highs and Lows" at Dinner

Each family member shares one high point and one low point of their day. This helps children express feelings and reflect on their experiences. Encourage everyone to listen carefully and respond with kindness or curiosity.

2. Story Building Game

Take turns adding a sentence to make up a story together. Start with "Once upon a time..." and see where your imaginations take you! This encourages creativity, listening, and turn-taking.

