



Supporting Children's Wellbeing

At Thornton Heath Nursery School, we are committed to promoting both physical and mental health, understanding how vital this is to helping children thrive and achieve positive outcomes in learning and life.

Routines: We provide consistent daily routines that help children feel secure and develop a strong sense of belonging. For younger children, we mirror familiar home routines where possible to support their emotional connection between home and nursery. Visual aids, props, and prompts help children understand and follow the flow of their day.

Consistency and Predictability: We prioritise consistent staffing, familiar routines, and support during transitions. This helps children feel more secure and better equipped to manage change.

Relationships: The Keyworker approach is central to building strong, secure attachments with children and families. Through these relationships, children feel safe, cared for, and ready to explore and learn. We also support children in forming positive relationships with peers and other adults in the setting.

Listening and Responding: Our practitioners are attentive to both verbal and non-verbal communication. We provide opportunities for children to express themselves and respond sensitively to their cues, supporting their happiness, safety, and motivation to learn.

Enabling Environments: We create inclusive, well-designed spaces that reflect children's interests and learning styles. Our environments offer opportunities for challenge, choice, calm reflection, and emotional regulation, supporting children's physical and emotional well-being.

Understanding Emotions and Well-Being: We recognise and respond to children's emotional cues, behaviours, and needs. Through play, discussion and the use of The Colour Monsters by Anna Llenas, children explore feelings, learn empathy, and understand their own emotional experiences.

Building Resilience: Children are supported in facing challenges, learning to problem-solve, persevere, and adapt. These experiences help develop resilience and confidence.

Being Active: We offer daily opportunities for physical activity indoors, outdoors, in nature, and within the local community to promote healthy development.

Healthy Mealtimes: We encourage healthy, balanced eating and model positive attitudes around food. We also take part in national and local health initiatives such as HENRY

Well-Being Champions: Our staff receive specialist training to support the overall wellbeing and holistic development of every child in our care.