

Parnall Elementary School

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Lorri McAlpine, Principal

Something Different is Happening in Schools that use the Nurtured Heart Approach

The NHA is a communication style that helps bring out the positive character traits in students, helping students to become the best version of who they really are. The focus is on noticing what students are doing right and giving positive energy and praises for making the right choices, while decreasing the negative energy given to inappropriate behaviors.

With The Nurtured Heart Approach students feel more engaged during class because they hear their teachers honoring who they are and speaking about their greatness. When students are recognized for their success and positive choices they begin to crave even more recognition for doing the right things. With this new classroom environment students really want to be in class because they want to be a part of their own success.

Teachers implementing the “The Nurtured Heart Approach” use a simple “reset” that is 30 seconds to 1 minute. The “reset” is given to allow students the time to focus on appropriate behaviors that will help them to be successful in the classroom. The “reset” is a simple queue that lets the student know that they are heading in the wrong direction and now they need to stop and get headed into the right direction. **A “reset” doesn’t mean that the child is bad; it simply means that we are resetting a child back to his or her greatness.** When students complete a proper “reset” they will be “welcomed back” to the class. If a reset is not effective or if there are continued issues, students will be sent down to the office with a written red and will receive an **In School Success** session. This will be completed at lunch time with the ABC Room Supervisor. Some behaviors, see rubric, mean an automatic written red due to the severity of the behavior. During ISS students will be encouraged and praised for the things that they are doing correctly during ISS.

The Nurtured Heart Approach uses consistent rules, consistent consequences, and many positives. When the NHA is used school-wide it changes what is happening in the classrooms, hallways, playground and cafeteria. The approach changes how students are greeted at the beginning and end of the day and how discipline concerns are processed. The approach taken as a whole brings positive changes to the culture and climate of a school. Other schools that have implemented the NHA have seen overall academic scores rise along with a decline in discipline issue.

The Nurtured Heart Approach can make a positive difference in the lives of our adults, students and their families. The Nurtured Heart Approach also has a parent component for families that would like to find more success and who want to raise the bar from good to great parenting. Parents who learn The Nurtured Heart Approach say that it is a life-changing experience that helps to make family life more enjoyable. Plus, having a consistent system at home and school has proven to be beneficial. Classes in how to use the Nurtured Heart Approach will be offered this school year. More information about these classes will be coming later.