

This half term, the children are building upon their knowledge and thinking more deeply about how to live their one life well...

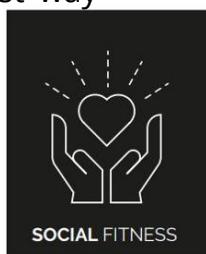
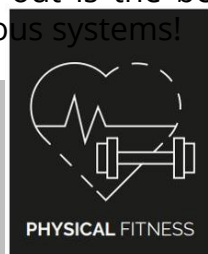


We have been teaching the children about their response system and how it keeps them safe. They have been learning all about how the brain and nervous system works together to protect us. We have been looking at the connections between a situation, our thoughts, our emotions and the urges we get to act in a certain way. We want every child to use their growing self-awareness to make sure that they only act on those urges that are good and kind (for themselves and others). Our main aim is to ensure that pupils know that all emotions are okay, as long as they don't grow too big. We want them to know that it is okay to not be okay, and we hope that this knowledge and the strategies that we are teaching will help them all to manage the ups and downs of life which requires a strong mental fitness! The main knowledge and strategies we have been teaching are:

- We are not our thoughts
- Not all thoughts are facts!
- Feelings can fool us...
- Breathing in and out is the best way to reset our nervous systems!

Young people are now growing up in a very harsh and judgemental world when it comes to body image. Research shows that this is becoming a real issue for self-image, self-esteem and self-worth. More and more young people, both boys and girls, are finding it more difficult to avoid comparison with others and this is causing many issues relating to mental fitness. Our aim this half term is to ensure that all of our pupils see their unique body as a good body. We are normalising how all bodies are different and unique, and we are challenging our pupils to consider how to look after their one body by respecting it, using kind words about it and making sure that they show self-love and care for it. This is laying the foundations for respectful relationships with others. We want our children to know, in an age-appropriate way, that it is normal for bodies to look different, to change at different times through puberty and it is our job to love and nurture it, as we only get one!

YOU ARE  
NOT YOUR  
THOUGHTS



# OUR SOCIAL FITNESS CHALLENGES

Having a good understanding of how our response system works is crucial for our mental fitness. We want children to know and be able to articulate how they are feeling and have some strategies to manage their emotions when emotions are flooding their bodies. One of the main methods we have taught this half term is the STOP method- stop, take a breath, observe (what is happening inside of you) and then proceed. Having this level of awareness is helpful when dealing with the everyday challenges of life.



The children have also been learning more about their social fitness and how to stay safe in their relationships with others. We have been teaching the children about boundaries and how they keep us safe. We have looked at body boundaries, consent and laid some foundations about body privacy which we will look at again later on in the school year. We want children to know how to keep themselves safe by saying no and respecting their own and other's boundaries. We have also reinforced the teaching around safe touch which we encourage through our morning routine. Our aim is to ensure that all pupils know how to show love and respect to themselves and others, and, in doing so, they can build respectful relationships with others which is essential for their social fitness.

Please ask your child about their growing knowledge about this important information. We are really proud of how our children are engaging with the One Life programme.



Every Friday morning, children take part in a Reflection Friday routine:

They still have the safe touch to start the day. Hopefully, making each child feel seen, safe and secure.

Children then reflect on their 'basics' and the choices they have made that week. We want children to know the recommendations for the basics:



**-Exercise:** 60 minutes a day exercise (30 mins in school, 30 mins outside of school)]

**-Nutrition:** we want the children to know how important it is to eat a colourful, balanced and nutritionally dense diet. We also want children to know the risks associated with excess sugar.

**Sleep:** children in Reception and KS1 should be sleeping between 10-12 hours a night, and children in KS2 a minimum of 10 hours a night.

**Hydration:** we have taught the children that they should be drinking the number of glasses

for their age up to 8 glasses for children who are 8, 9,10 or 11 years old.

