

# Keep active

Evidence shows that keeping active has real benefits for our wellbeing. It can:

- Cause chemical changes in our brains which help to positively change our mood
- Raise our self-esteem
- Help us to set goals and challenges and achieve them

Children can be active in lots of different ways. Keeping active can be something they do on their own, with friends or family or as part of an organised group.

- Going for walks (with our without a dog) and exploring outside
- Football at the park
- Playing in the garden
- Gymnastics, dance, cheerleading, athletics, swimming – the list is endless!

## What does it look like in our school?

- We have chosen to use Real PE resources because of their focus on being inclusive and developing individual children's skills. When children can see the progress they are making it helps them feel good about themselves.
- Developing curriculum links between PE and physically active sessions and how these make us feel. Many children, groups and classes may use movement breaks to help them with readiness to learn.
- Ensuring that children have access to great equipment at break times to encourage them to be active, for example our play meadow installation, our new football goal posts and our table tennis table.
- Helping children engage with a wide range of ways to keep active – different sports and clubs available, specialist sports coaching and using trips and our Healthy Living Week to provide children with great experiences of being active.

# Take notice

When we learn to pay more attention to the present moment, we can improve our wellbeing. This is sometimes called mindfulness

- Listen to and reflect on our thoughts
- Recognise our feelings and our emotional responses to different events
- Develop awareness of our bodies

Children can use lots of different techniques to become more 'mindful'.

- They can use their senses to explore a moment thinking about what they can see, hear, smell, touch, etc
- Mindfulness colouring can help them to slow down and focus on a particular moment
- They can sketch or paint something they see in real detail
- Observe how their friends and families are feeling. What clues can they pick up? How do they show how they are feeling?

## What does it look like in our school?

- Periods of quiet reflection during worship
- Mindfulness colouring
- Providing opportunities and guiding children to take notice of what is happening during a moment in the day
- Learning and discussions with children support them in identifying feelings and articulating how they feel and what might help them to feel better
- Resources to support children in exploring emotions (e.g. emotional thermometers)
- Reflection corners in our classrooms



Good relationships are important for wellbeing. They can:

- Help us build a sense of belonging and self-worth
- Provide an opportunity to share positive experiences
- Be a source of emotional support and given an opportunity for us to support others

Children can benefit from forming lots of different positive relationships, both in school and in their wider lives.

- Family relationships
- Playing with neighbours
- Being part of clubs and associations and enjoying hobbies with other children

## **What does it look like in our school?**

- We foster a sense of whole school belonging through our shared values and understanding of what makes us great learners. These things are part of our regular collective worships and our termly focus on learning heroes.
- Children are part of a House Group from the moment they join the school. They have opportunities to learn, work and play together in their mixed age groups with the House Captains providing peer leadership.
- Children play together, have clubs together and enjoy shared experiences like our church services, fused glass workshops, Basketball Competition, Go Ape trip, Ghanaian drumming, Jubilee celebrations and sports day.
- Children in leadership roles provide extra relationships and opportunities for support. For example, our tech team have run sessions for younger children in programming. Our school council representatives work hard to ensure children's views and ideas are represented and shared. Year 6 children have received training and regularly hear their EYFS friends read.
- We support children to develop understanding, respectful and inclusive friendships through our therapeutic thinking approach.

# Keep learning

How does learning new skills improve your wellbeing? The evidence suggests it:

- Helps you to have a sense of purpose
- Boosts self-confidence and raises self-esteem
- Is another way to form connections with others

Children can learn new skills and information outside of school too!

- Trying out new recipes at home
- Visiting new places like museums or an art gallery
- Learning to play a musical instrument
- Gardening or another type of practical project outside

## **What does it look like in our school?**

- We have designed the curriculum with clear opportunities for progression of knowledge and skills to ensure children keep moving on with their learning and have a clear path to their next stage.
- Assessment and retrieval practice to ensure learning is embedded and children can move on with confidence.
- We use our learning heroes to focus on developing the skills which will allow children to be successful learners in all contexts.
- We provide a broad and balanced curriculum which values all subjects and provides lots of opportunities for enrichment and for children to have new experiences.
- Lessons are varied and we make good use of the wider learning environment in our school grounds, the Aldermaston area and trips further afield to inspire and inform.
- We celebrate children's successes.

# Give to others

Another way to look after our wellbeing is to engage in acts of giving or kindness. This will:-

- Provide a feeling of purpose and self-worth
- Create positive feelings and a sense of reward
- Help us to strengthen connections with others

Children can benefit from showing simple acts of kindness in their lives.

- Holding a door open for someone or remembering to smile and say thank you
- Donating their old toys to a charity shop
- Making a homemade card or present for someone
- Giving someone they love a hug

## What does it look like in our school?

- Our shared school vision and values, regularly explored through collective worship and at appropriate opportunities in lessons, develop empathy and a sense of responsibility towards others.
- Curriculum opportunities are used to keep up with current affairs and help children understand different experiences, both locally and globally.
- Children are encouraged to apply for leadership positions in school which allow them to give their time and share their gifts for the benefit of others. Our children also give back to the community in other ways, for example by sharing their work as part of Aldermaston community Platinum Jubilee celebrations and performing in the village concert.
- Our school regularly engages in child led charity work- e.g. backpacks for Afghan refugees, West Berkshire Foodbank appeals as part of our Harvest Festival celebrations, a Swimathon and Comic relief.