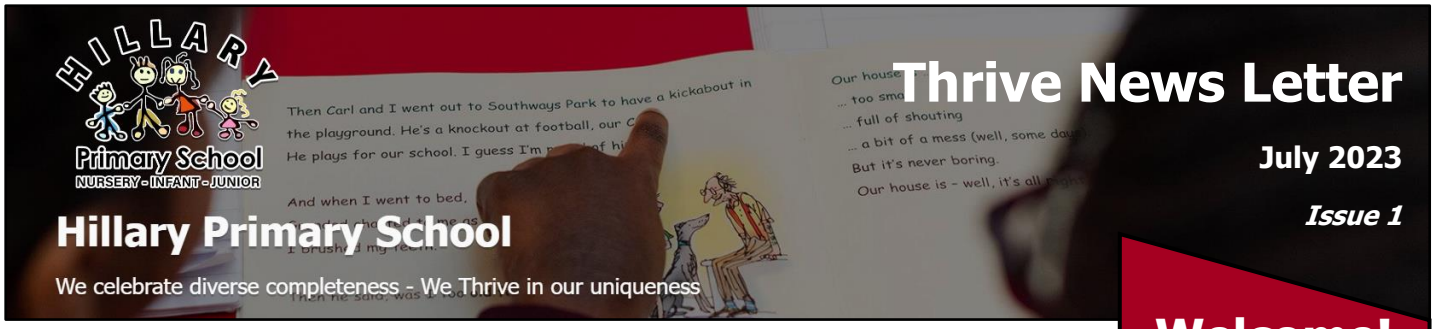


Summer Activities

Senses

This activity is excellent for noticing the world around you and for self-regulating when things are getting tough.

It is a great idea to try this activity in different places.

For example, in the park, in the garden, in the supermarket, etc…





Physical

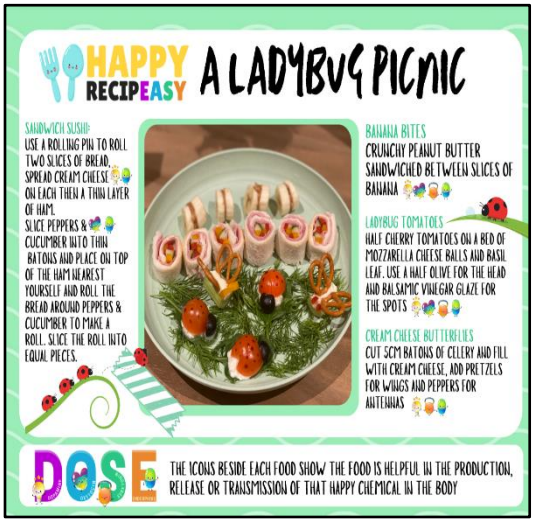
Exercising is incredibly important for both our physical and mental health. There are also many fantastic ways in which you can do it. But did you know how good walking is for you?

Take a look at our 10,000 steps guide for some inspiration and get moving today!

Healthy Eating

Preparing food, especially with our loved ones, is a great way of boosting our happy hormone Oxytocin.

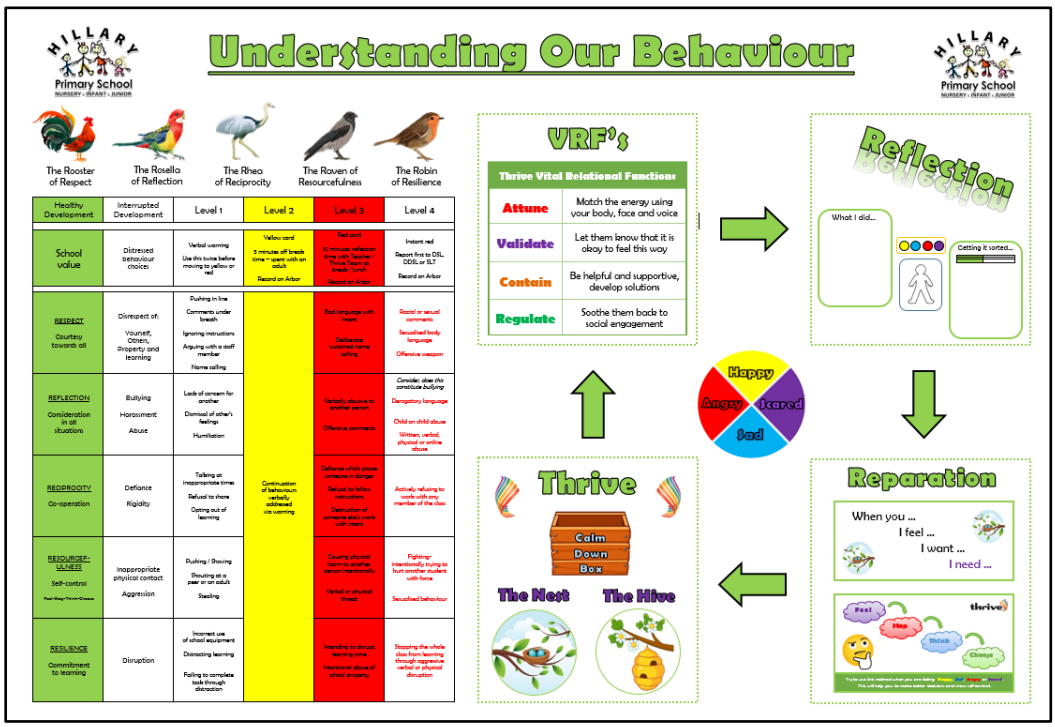
The eating part is even better, and when healthy food is involved, our mood is improved even more so. Why don't you give it a try?...



Welcome!

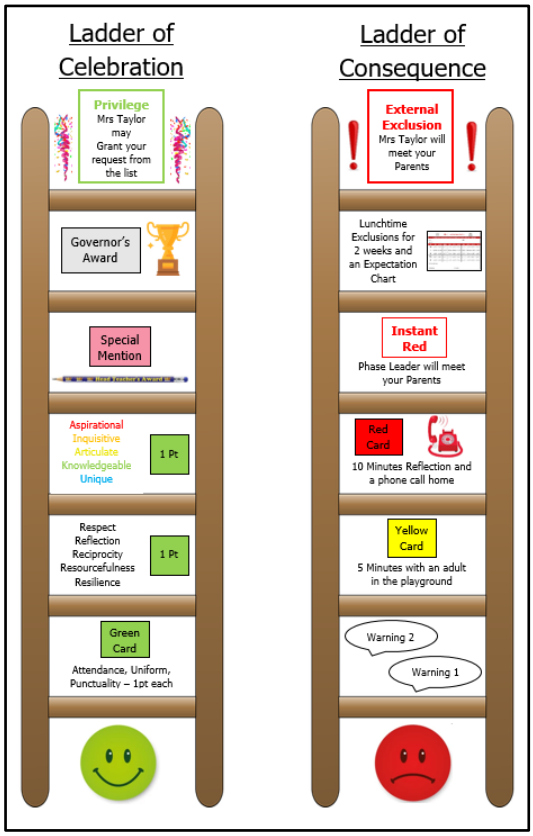
This is the first edition of our new Termly Thrive Newsletter.
In this issue, we will be giving you some wonderful activity ideas that you can do with your children at home to reinforce their social and emotional development.
We will also be sharing our new 'Understanding our Behaviour' boards with you that have been put up around school.

Don't forget to check out the Hillary Health Hubs on the school website. They offer plenty of great ways you can improve social, emotional and physical health for both you as parents and when supporting your children.



These boards have been placed all around school; in the classrooms, near lockers, in the playgrounds and dinner halls.
They act as a constant reminder and aid to help children to understand and reflect upon their behaviour choices. They also offer solutions and support to help our children to regulate themselves and repair relationships. Keep your eyes open for them around school and maybe ask your child to explain it to you further.

All Behaviours displayed on our chart, positive and negative, directly relate to one of our 5 school values – each represented by a Bird.





As well as our behaviour chart and boards, we also use two ladders. A ladder of celebration and a ladder of consequence. These are very visual and accessible to all pupils, so that every child can clearly understand the process of reward and sanction that teachers follow. This not only allows for consistent behaviour monitoring throughout school, but consistency for the children too.



We use a computer system called Arbor to record all incidences of behaviour in the form of points – Positive and Negative. The positive points are then totalled each week, and the child in each class with the most points then receives the Privilege card. They can then trade this in for privilege from the list as their reward. The points reset each week as a fresh start, so everybody has an equal chance.

Privileges

For those pupils that consistently uphold the school values, earning the most behaviour points in the class every week

15 minutes Golden time outside with a choice of staff member
Eat lunch in The Nest / Head's Office
A free pass to 'Get out of a homework assignment'
15 minutes 'being creative' in the Nest
A 15 minute 'Show and tell' to the class
Get extra P.E. time with another class
Get extra break time with another class
Play a game with a friend
15 minutes IPad time
Free time on the Chromebooks for you and 1 friend
Help the teacher to present a lesson
Read a story to a class of children
Have a dip in Mrs Taylor's prize box
Post work on the school website
Call home to tell parents about recognition
'Adopt' a younger pupil and earn daily visits to check in on them
Read to an adult of your choice
15 minutes free play in the Nest with 1 friend
Help out in the library
Help out in assembly (Special mentions / singing)