

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Community Cam</b></p> <p>Support others.</p> <p>Appreciate each other.</p> <p><b>Golden Hands</b> Relaunch and children to be able to nominate each other.</p> <p>Selecting a charity for each class to support. Then allocate a fundraiser each throughout the year.</p>	<p><b>Mindful Mo</b></p> <p>Believe in yourself</p> <p>Be kind.</p> <p><b>Affirmations</b> Art session based around creating a self-affirmation and decorating it. Display in hall.</p>	<p><b>Engagement Eric</b></p> <p>Think for yourself.</p> <p>Ask Questions</p> <p><b>Find it out</b> Whole school homework project. Research and share about something that interests you. Present in our house teams.</p>	<p><b>Independent India</b></p> <p>Be brave</p> <p>Trust yourself</p> <p><b>Find it out</b> Whole school homework project. Research and share about something that interests you. Present in our house teams.</p> <p>2 term project</p>	<p><b>Possibilities Parker</b></p> <p>Try something new.</p> <p>Keep going.</p> <p><b>Let's get active</b> Send home Let's get active sheets and children to upload and share them on completing them on tapestry.</p> <p>Possible sports leaders sessions?</p>	<p><b>Celebrations of all.</b></p> <p><b>Record of Achievement</b> All children to complete a certificate for themselves for something they are proud they have achieved this year.</p>
<p><b>Mental Health focus – Connect</b></p> <p>There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy.</p> <p><b>Mix it up sessions</b> Share a book and a chat sessions in our house teams once a week.</p>	<p><b>Mental Health focus – Feel</b></p> <p>Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you understand what triggers your feelings of stress or anxiety.</p> <p>Some studies have shown that savouring 'the moment' can also help you to feel</p>	<p><b>Mental Health focus – Learn and Create/Play</b></p> <p>We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem.</p> <p>And sometimes, setting goals can help you to feel more productive and more in control of your life.</p> <p><b>Goal setting</b> Set a goal for something fun to learn as a class for the terms e.g. juggling, Japanese, a new yoga pose each week, sign language, a new country fact each week.</p> <p><b>Ks2</b> To set learning or behaviour goals individually or as a class.</p>	<p><b>Mental Health focus – Do</b></p> <p>Many people find that physical activity helps them maintain positive mental health.</p> <p>This doesn't have to mean running marathons or training every day at the gym. There are lots of different things you can do to</p>		

<p>Parent interviews</p>	<p>more positive about life.</p> <p><b>Feelings journals</b> All children to have a feelings tracker for this term based around the zones of regulation.</p>		<p>be a bit more active.</p> <p>Studies have shown that getting active can help you sleep better, have happier moods, and reduce feelings of stress, anxiety and racing thoughts</p> <p><b>Let's get active competition.</b> Each class has the let's get active calendar's for these months and work to get them all completed.</p>	
<p>Each term there will be an assembly linked to the super power and the way of well being.</p>				
<p><b>All Super Friends to be linked to within lessons.</b>  <b>Certificates to be given to children chosen for weekly assembly</b></p>				