



Flushdyke News



ONE LIFE SPECIAL EDITION

ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS

Welcome to the first edition of the One Life newsletter! We do hope that this will give you an overview of what the children are learning about this half term, as well as sharing some useful tips to reinforce this teaching at home.

Our young people are growing up in an ever-increasingly challenging world and, now more than ever, we need to be bold and counter-cultural to ensure that they know how to build their physical, mental and social fitness so that they can live their 'one life' well!

This half term, in our One Life lessons, we have been teaching the children about self-awareness. Research suggests that this is the most important skill we need for our personal development.

The children have been thinking about 'how they show up' as their unique selves, in their families and in their caring friendships. We have been encouraging the children to think about who they were born to be and learning to accept their strengths and weaknesses.

Our main aim is to ensure that all of our children have a good sense of self, and feel good about who they were are. Current statistics in the UK suggest that our young people have lower levels of self-esteem which phycologists believe is one of the fundamental reasons why people struggle with their mental health. We want all of our pupils to feel good about themselves! Please ask your child about what makes them special and unique.

A big part of being self-aware is also knowing that we are not our thoughts and feelings! Research shows that people spend most of their time in 'thinking mode' and can sometimes find it hard to distance themselves from their thoughts, especially the negative ones. We have been teaching the children that our minds are powerful and that we must make friends with them. Phycologists say a good way to do this is to know that we are not our thoughts, but the WATCHER of our thoughts. To help the children to do this, they have all named, drawn and made friends with their very own inner cheerleader (the honest, supportive voice we all have that helps us to shine and be positive) and their inner critic (the unhelpful thoughts which can limit us and stop us from realising our true inner potential).

Please ask your child about theirs and how they use them to show up as their best selves in school. We want our young people to choose to listen to the good thoughts!

We have also introduced the children to our social fitness challenges by looking at families and people who care for us. We have been encouraging them to think about how they show up in their families. We want our children to know how important relationships are with other people and how the happiest people on earth are those who have strong connections with others. We are born to connect with others and not to feel isolated. We have been teaching the children about families and how they might all look different, but they are all characterised by love, care and protection. Children have been listening to great stories and thinking about why families are important for their social and mental fitness.



Being self-aware also means keeping an eye on our caring friendships. We have been teaching the children all about healthy, caring friendships and why they are important for our social fitness. We have been teaching the children that caring friends are: honest, kind, forgiving, trustworthy and welcoming. We have also been exploring how it is normal to have ups and downs in friendships and, later on in the year, they will be leaning more about conflict resolution and why these skills are so important in life. We want our children to know how to build respectful relationships and this starts with caring friendships in school. We want to normalise being kind and we want our children to know that what matters the most is how we make others feel. This is proven to support self-esteem development too!



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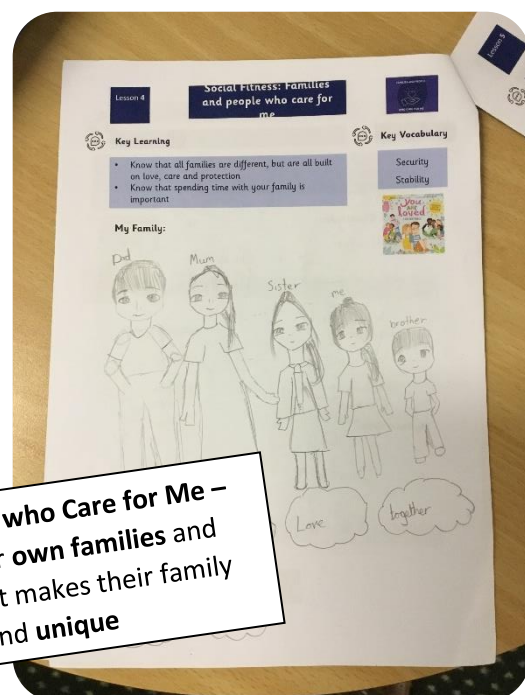


We have ended this half term by thinking about what we consume and how this affects our physical, social and mental health. We are trying to encourage our children to be self-aware about what they eat and drink to make sure they have a well-balanced and nutritious diet, keeping a close eye on the amount of sugar they eat. We want them to know the connection between what we eat and how it affects our minds and how we feel. Thank you for being mindful of what the children eat for snacks and in their packed lunches. It makes such a big difference in the children's concentration levels on an afternoon.

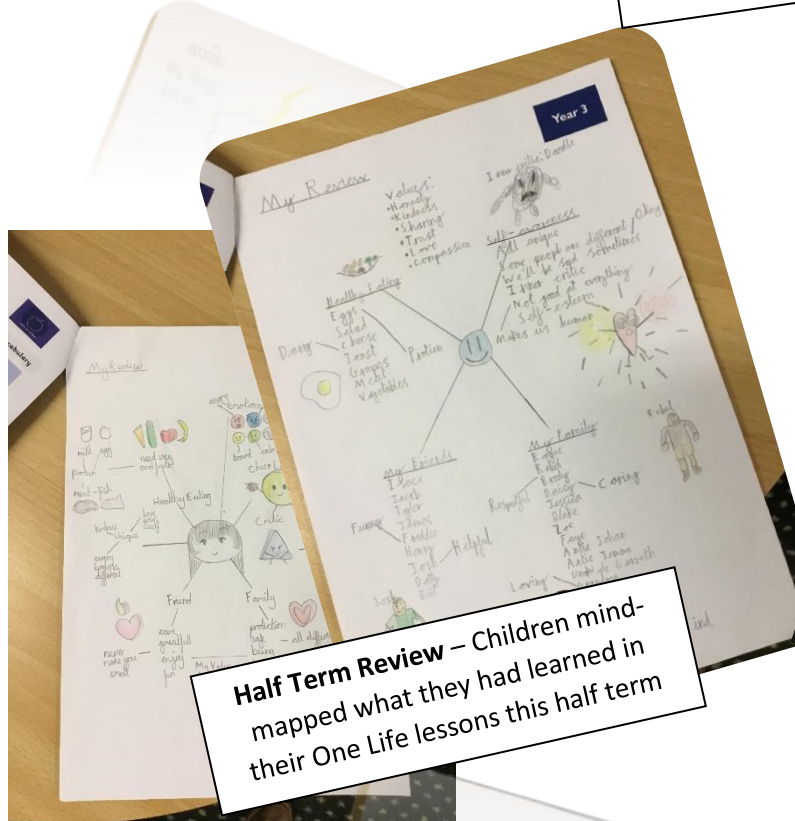
Self-Awareness – Children created their own **Inner Cheerleader** and **Inner Critic**



Families and People who Care for Me – Children drew their own families and thought about what makes their family special and unique



Half Term Review – Children mind-mapped what they had learned in their One Life lessons this half term



Healthy Eating – Children created their own **balanced meal** being careful to make sure they **limited the amount of sugar**





To kick-start every day in the right way, we make sure that our children's personal development comes first! Before they start to dive into their learning, the children are warmly greeted by their teacher with a handshake, high-five or a hug. Welcoming the children into school with warmth and a sense of welcoming helps our children to feel accepted and valued. We then invite the children to reflect on their thoughts; which ones are positive and which ones are negative. This gives us a really good chance to tackle any issues which may be causing the children upset or worry. After some deep breathing and a mindful minute, we set our positive affirmations for the day. Wise words end our morning routine and we are all ready to learn!

Our Morning Routine explained:



Safe Touch:

Each morning, children choose a safe touch to meet and greet their teacher (high five, hand shake or hug) and this is proven to help children feel valued, create a sense of belonging as well as releasing oxytocin; the loving hormone.



Thought Splat/Journaling:

After we have taken the register, we all complete a thought splat in our journals which helps us to write down any thoughts that might be stopping us from being present and our best selves. We want children to know that 'we are not our thoughts' and that not all thoughts are facts. Our minds are powerful and we must choose to pay attention to the positive thoughts because our thoughts affect our emotions which affects how we behave and 'show up' in our lives. We tick and cross our thoughts so we can make space to learn!



Mindful Minute:

Once we have cleared some space in our busy minds, we then pay attention to our bodies and think about our nervous system. We are teaching the children that we have two main 'modes' and we want our children to be in parasympathetic mode which means calm, regulated and when we preserve energy to concentrate and learn. We can't learn when we are in a state of high alert (fight, flight or freeze) so we practise breath work to ensure that our nervous system is calm.



Affirmations:

Once the children are calm, we set our intentions for the day. We choose positive 'I am' statements so our minds are being filled with goodness. I am loved. I am safe. I am enough. We are what we think!



Wise Words:

We end our morning routine with some wise words which help us to grow personally and reflect on inspiring quotes and messages. We want to feed our children with goodness so they 'know better' so they can 'do better' in their ONE LIFE!



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If you have concerns about the safety or well-being of any member of our school community, then please contact one of our school Designated Safeguarding Leaders. Either Mr Wood, Mrs Barnett or Mrs Dickinson will always be available to listen to your concerns.



What to do if you're worried about a child

If you're worried about a child, even if you're unsure, you can speak to us about your concerns. Whether you want to report child abuse and neglect or aren't sure what to do, we're here to listen, offer advice and support and can take the next steps if a child's in danger.

Our telephone lines are open **Monday to Friday 8am – 10pm or 9am – 6pm at the weekends**. You can contact us online or by email **24 hours a day, 365 days a year**.

Call 0808 800 5000

Report online

Email help@nspcc.org.uk



Dates and Happenings – Autumn Term 2 2024		
Date	Event	Who's involved?
Mon 28 th Oct – Fri 1 st Nov	October Half Term	Whole School
Mon 4 th November	Parent's Evening Booking Link Sent (7pm)	Whole School
Mon 11 th November	Anti-Bullying Week	Whole School
Mon 11 th November	Parent's Evening (3:30pm – 6:30pm)	Whole School
Tue 12 th November	Parent's Evening (3:30pm – 6:30pm)	Whole School
Thur 21 st November	Managing Emotions Parent Session - FIM	Whole School

From the whole staff team, we hope that you have a lovely October half term holiday with your children!