

Children's physical, emotional and mental health

I would like to take this opportunity to highlight our commitment to physical, emotional and mental health and outline what this will look like for your children.

At Holton-le-Clay Federation, we believe that we can:

- Be curious: ask questions, investigate, listen, and remain open minded.
- Be respectful: to the environment (local, national and global), use our manners and follow our rules
- Be understanding: demonstrate tolerance, support one another and help each other
- Be hardworking: persevere, have pride in what we do and aim to reach our potential
- If we believe that we can, anything is possible!

We aim to:

- Work together to create a safe, calm, nurturing environment, to understand our own personal values, and how as individuals, we fit into and contribute to the world.
- Develop emotional literacy, build resilience and support mental and physical wellbeing so we can be the best we can be.

We teach, weekly, discreet PSHE lessons following the JIGSAW scheme of work and we also lead weekly Wellness Wednesday sessions, linked to the NHS 5 ways to wellness.

Wellness Wednesday

Each Wednesday all pupils are invited to attend school in their **active wear**. The purpose of this is to encourage the "Be active" way to wellness and so we are all dressed appropriately to enjoy active activities throughout the day.

Please do not purchase any specific clothes for Wellness Wednesday and if your child doesn't have any active wear, or if they prefer, they can wear PE kit.

Please be mindful that shoes should be trainers or plimsolls. Dresses, skirts and crop tops are not appropriate and jewellery should not be worn.



Each term we have a

- PSHE topic
- British value focus
- School value focus
- Ways to wellness focus

Term 5 (starting 16th April)

British Value Focus:	Individual liberty
School Value Focus:	Perseverance
Ways to wellness focus:	Give
PSHE topic:	Relationships

At the end of each term, their peers will vote value champion pupils who have consistently demonstrated commitment to our school values.

Protected characteristics are also taught through these sessions. **Protected characteristics** are aspects of a person's identity that are protected under the **Equality Act 2010**. This law makes it illegal to discriminate against someone based on these characteristics, helping to promote a fairer and more equal society.

Under the Equality Act, there are nine Protected Characteristics:

- age
- disability
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation