



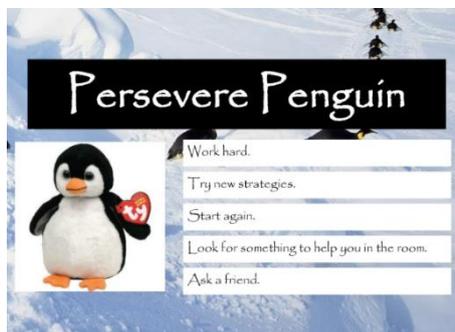
At Cottesmore St Mary, we recognise that a strong sense of wellbeing is a gateway to life fulfilment. It is also considered to compliment academic success. We are committed to providing the children with tools and experiences that help to overcome barriers in an increasingly busy world. In our school, we recognise that practises of wellbeing encourage pupils to believe in themselves, create compassion for themselves and others, and allow them to feel supported when vulnerable.

We want to inspire our children to develop in emotional maturity by giving them practises to use independently at school and in their later lives. We believe that a healthy mind is built through a healthy body, so we encourage healthy eating practises and see physical education and sport as a vital component.

We understand that the wellbeing of all staff is integral to the wellbeing of the children and so our teachers model a culture of calm, care and concern. We know that a school's ethos and environment influences the wellbeing and mental health of our children, so we work hard to create well-organised, peaceful and inclusive classrooms that allow children to achieve their optimum learning state.



We enable children to build their resilience and emotional wellbeing through a cohesive and coordinated response at both class and whole school level. By using our Learning Muscles, we celebrate children who have persevered, been courageous and those who have simply shown a love of learning. We have golden assemblies to highlight and celebrate the children who have shown these characteristics each week.

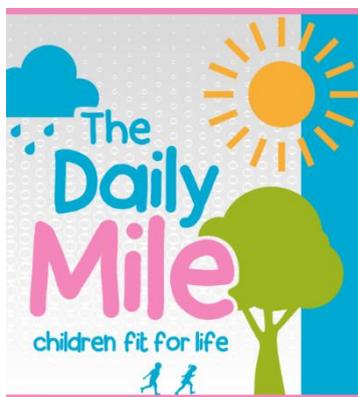


We use Positive Affirmations, daily, to ensure all members of our community feel confident and value themselves. We believe that these positive messages will allow children to express themselves creatively and feel confident to share their talents and gifts that God has given them.



Teachers and pupils alike, run the Daily mile with enthusiasm, encouraging children from Reception to Year Six. This allows the children to get outdoors in the fresh air and encourages them to be healthier and fitter, as well as giving them time to regulate themselves in order to concentrate better in the classroom.

For more information, please take a look at the Daily Mile website: *click image to link*



If any children have been bitten by the running bug, here are some links to parkruns in Brighton and Hove.

Parkruns–Free for 4-14 year olds

junior parkrun  
**HOVE PARK**

junior parkrun  
**PRESTON PARK**

We have a communal prayer area in the centre of the school which has been set up to encourage children to reflect on ways in which they can be kind, with examples of how the Bible (the Word) teaches this. Children are encouraged to write kindness promises and hang them on our Kindness Tree. Their promises were ways in which we could be kind to ourselves (from a wellbeing perspective), how we could be kind to others and how we can be kind to the world.

*'In a world where you can be anything, be kind.'*



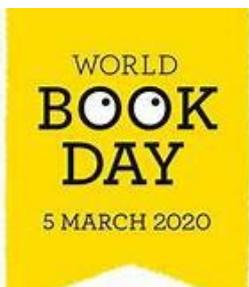
**B**e kind to  
one another and  
build each other up.

1 Thessalonians 5:11

At the beginning of each school year, we support the children in creating their helping hands, which allows them to identify five key people who can support them through the year. These can be teachers, teaching assistants, midday supervisors, friends in the class, just to name a few. We revisit these helping hands regularly, reminding children of their support systems and encouraging them to talk problems through with the people that they trust.



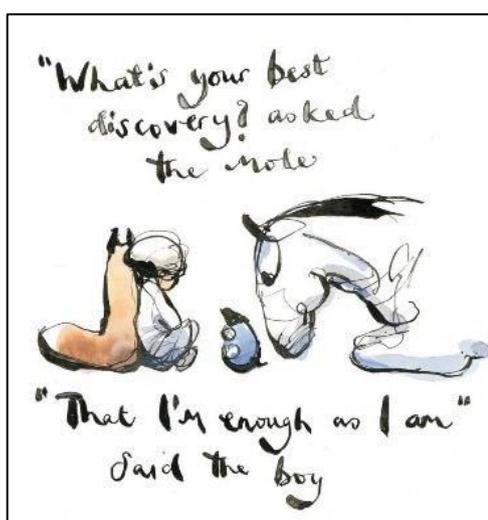
In every classroom, children have access to a worry box. This helps children to begin to manage their own anxieties. Children can either sign their name, in order to receive help from the teacher, or they can put their worries into the box anonymously, knowing that the box helps to symbolise the idea that these anxious feelings are simply thoughts that we can distance ourselves from.



On World Book Day, as a school we read "The Boy, the Mole, the Fox and the Horse" by Charley Macksey. It is about four characters who share an unbreakable bond and have brief but incredibly profound conversations. Charlie Mackesy's illustrations and text are a celebration of kindness, compassion and understanding, an essential message and something that fits in with our ongoing work regarding kindness towards ourselves and each other.

During the day, each class focused on one of the quotes from the book and completed activities around the theme. Year 5 focused on the page that says, "What do you think success is?" asked the boy. "To love" said the mole. The children then created a class poster identifying what they believed success to be. Some examples were;

*To believe in yourself – Juliet.*  
*To chase your dream – Pip.*  
*To respect others – Kayce.*  
*To choose the right choices – Will.*



Every year, as part of our EPR curriculum, we partake in a random acts of kindness day. Although we encourage kindness every day from our pupils we use this day as a platform to celebrate and encourage random acts of kindness and a pay it forward mentality. Throughout the duration of this day, we stick post it notes to classroom doors with kind messages and words for each other. We believe as a school, that no act of kindness, no matter how small, is ever wasted.



Click the image to link to the School's website.

Extra resources: *click images to link*



PublicHealth England's digital self-care tool, via Every Mind Matters, that aims to support all adults to feel more confident in understanding mental health, and help them to take actions to improve and manage how they are feeling.



A free online platform with breathing techniques, mindfulness and exercise related videos.



Subscription service delivering mindfulness emails



Free resources for mindfulness



Free resources for mindfulness and meditation



A website which talks on a child friendly level about health and feelings.