

# Healthy Living

## 2019 - 2021

- 1** *Forest School sessions began following accreditation by staff members.*
- 2** *Relax Kids sessions to combat anxiety during the Covid pandemic.*
- 3** *Mental health awareness raised during Young Minds #helloyellow campaign*
- 4** *Reduced screen day for home learning during second lockdown for Mental Health Week.*
- 5** *Staff training programme implemented based around wellbeing.*

## *Emotional skills:*

# Promoting Wellbeing

Healthy Living as a topic encompasses daily exercise, healthy food options including fresh water, mental health and wellbeing, growing fruit and vegetables and learning about a healthy lifestyle. As a school over the last two years mental health and wellbeing has been one of our top priorities, which has been brought into keen focus this year in particular as a result of the COVID 19 pandemic and its emotional impact.

Last year saw two of our members of staff successfully complete Forest School practitioner training. This approach to learning takes place outdoors, over an extended period of time. It includes tasks and activities to motivate children and build upon their physical and emotional skills and develop their knowledge and appreciation of the natural environment, while also encouraging child-led learning. Initial mixed-age group sessions saw an improvement in the mental wellbeing and self-esteem of children and the sessions will recommence after pandemic restrictions end.

This academic year we recognised that, for our children, the prospect of returning to school after an unprecedented and extended period of lockdown must have generated mixed emotions and feelings of anxiety. In preparation for opening, members of our staff undertook Trauma Informed Schools training to help us to recognise and respond to feelings of anxiety in children within our setting and this theme was continued in staff training sessions once school reopened.

A measure we put in place to help our children to become more resilient and to give them tools and techniques to manage their emotional and mental health was a programme of Relax Kids sessions, initially planned for the autumn term but then extended into Spring and Summer after the second lockdown. Relax Kids provides mindfulness and relaxation techniques to help support children's emotional health and wellbeing. The fun and practical sessions are delivered by a dedicated practitioner and aim to give children strategies to calm themselves through 7 steps from high energy to calm.

## Forest School

