



*We will aspire to great things, shine our light and reach our God given potential.
'let your light shine.' (Matthew 5:16)*

Thursday 11th September 2025

Dear Parent/Carer

Collective Worship

In Collective Worship this week, we have been exploring our school value of resilience and what it means to a Christian. We looked at the story of David and Goliath, learning how Christians believe that, like David, God can give us strength to keep going, even when things feel too big or too hard. Resilience means not giving up, even when we face challenges — trusting that with God's help, we can keep trying.

One Life

I am delighted to tell you about ONE LIFE, a brand-new Personal Development Programme we are introducing across school.

ONE LIFE has been designed to develop physical, social and mental fitness in children. Our young people are growing up in an increasingly challenging world and now, more than ever, we need to ensure that they know how to build their physical, mental and social fitness, so that they can live their 'ONE LIFE' well.

There are two elements to the programme:

1. A daily Morning Routine which takes place as soon as the children arrive on a morning (we have started this already)
2. A weekly lesson that focuses upon different aspects of physical, social and emotional fitness (this will begin on 15th September)

You will also receive a half termly newsletter (the first one is below) to inform you about what your children will be learning in their ONE LIFE lessons. This will enable you to have conversations with your children about their ONE LIFE journey and consolidate key messages at home. I have also attached the Morning Routine information, so you are familiar with how this looks in school. Hopefully, your children will enjoy telling you about their Morning Routine and their One Life session and start to benefit from it as it becomes embedded.

To allow us to complete the Meet and Greet in a morning effectively, we kindly request that parents catch teachers at the end of the day, pass the message to the staff on the gate, who will ensure it is passed on, or message the class teacher on class dojo.

Messages from the School office

- Please scan this QR code for details of a girl's football session launching in Wath.



SCAN TO REGISTER

- Please see attachment regarding our ONE LIFE personal development programme.
- Please can all parents be mindful when parking to drop off/pick up children. We have had a few reports of cars parked on double yellow lines and zig zags - parking in these areas cause potential danger. Please avoid parking in these areas and keep our children safe.

Important dates

I have left the full dates on here in case you missed them last week. From next week, I will put on the next three weeks dates for you as a reminder. The dates for the school year are also on the school website. Please note more details will be sent from the office/class teacher.

September	October	November	December
12 th – INSET DAY 22 nd – Flu Vac 26 th – Ind Photos	1 st – Sponsored Walk 6 th – Y5 Wath Academy Art Day? 9 th – Y6 Crucial Crew Visit 22 nd -24 th – Y6 Residential 24th - Last Day 27 th -31 st HALF TERM HOLIDAY	3rd – Children return to school 4 th & 5 th - Parents Evening	9 th – EYFS Nativity 10 th - EYFS Nativity 11 th – KS1 Nativity 17 th – Y1/2 Panto Trip 18 th – Y3 Christmas @church 18 th - Christmas Lunch & Christmas Parties 19th – Last Day
NB – Children Return to School Monday 5th January			

Class	Weekly Attendance Figure		
F2 - Kingfisher	87.36%		
F2/Y1 – Skylark	97.4%		
Y1/Y2 - Nightingale	96.15%		
Y2 – Puffin	92.86%		
Y3	Swallow	Swift	Y3/Y4 Woodpeckers
	97.04%	98.52%	
Y4	Avocet	Oystercatchers	
	93.81%	98.1%	
Y5	Merlin	Kestrel	Peregrine
	92%	98.47%	%
Y6	Sparrowhawk	Eagles	Kite
	95.41%	91.13%	95.71%

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Isaiah 40:31

Have a great weekend.

Yours faithfully,

Mr Adam Minor

ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS

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 positives 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 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!

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 born to be. Current statistics in the UK suggest that our young people have lower levels of self-esteem which psychologists 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 a special human being...

<https://www.youtube.com/watch?v=D9O0XCu5XMg>

A big part of being self-aware is also knowing that we are not our thoughts and feelings! Research shows that people spend most 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. Psychologists 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...

YOU ARE
NOT YOUR
THOUGHTS

