

Dimple Well CARES

	C	A	R	E	S
	<u>Care</u> 	<u>Aim high</u> 	<u>Respect</u> 	<u>Enjoy</u> 	<u>Succeed</u> 
Subject: Mental Health	<p><u>Autonomy</u> The child are taught to celebrate their individuality. The children are free to develop and create their own ideas. This builds up their confidence and value of own self-worth.</p> <p><u>Mental Health</u> Children are taught what 'Mental Health' is and different ways we can keep our mind healthy. Children are encouraged to talk to adults about their worries. Feelings charts and worry monsters are used in every class. Children are encouraged to manage screen time. Strategies explicitly taught to manage feelings such as breathing and calming down techniques.</p>	<p><u>High expectations nurtured</u> Children encouraged to have pride in their work All children are able to 'have a go' and hone independence skills (SEND allowed to express themselves according to own ability).</p> <p><u>Perseverance</u> Children are enabled to understand that progress is achieved through perseverance.</p> <p><u>Challenge</u> Challenge built into curriculum to stretch children's thinking and reasoning. Opportunities for children to participate in activities competitively. This enables children to develop resilience, team building skills and self-confidence.</p>	<p><u>Respect</u> Children respect school boundaries and rules. Children taught to respect school property and community. Children take litter pickers home weekly. Children taught to respect other cultures and traditions.</p> <p><u>Independence</u> Encouraged to think for themselves. Respect own individuality and creativity. Opportunities provided so children can express themselves.</p> <p><u>Celebrate</u> Celebrate each other's talents and achievements. Displays of children's work around school. This gives children a sense of pride in their learning</p>	<p><u>Independence</u> Choosing own resources and activities nurtures independence and good self-esteem.</p> <p><u>Experiences</u> Children who enjoy school naturally have better mental health and positivity. At school children are given opportunities to enjoy and make sense of the world through a range of exciting experiences which gives them chance to encounter, explore and engage through speaking, listening, watching, thinking and doing.</p> <p><u>Inspire</u> Inspire children through a range of 'feel good' activities such as dancing, singing,</p>	<p><u>Celebrate</u> Displays of children's work around school. Certificates given weekly throughout the year. Home- School link with regular communication. Twitter used with parents to share photos. Children have a sense of pride and confidence in own abilities.</p>

	<p><u>Physical Health</u> Children encouraged to take part in lots of physical activity at home and at school. Opportunities given to take part in extra physical activities such as 'Fit Fridays'.</p> <p><u>Relationships</u> Children develop positive relationships with their peers and adults in school.</p> <p><u>CARES ethos</u> Children are taught that Dimple Well <u>cares</u>. A culture is developed in school where it is okay to make mistakes and an open door policy runs through school where children and parents can speak to staff about anything anytime.</p>		<p>which increases self-esteem.</p>	<p>meditating and physical activities.</p> <p><u>Experiential learning outside as well as inside environment</u> Opportunities given to take learning outside at school and at home to reduce screen time.</p>	
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