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| **There are lots of ways we promote health and well-being at Moira. As well as planning careful progression through the curriculum, we also have lots of other exciting opportunities to support our children.** |
| **Emotional Development.** |
| Our school reward system is linked to our whole school motto ‘Together We Try’ where children are selected as class VIPs linked to our character strengths, which are displayed throughout the school. The Year Six children have staff buddies, we have nurture provision for children with anger, self-esteem and confidence issues. Staff are approachable and children know who to turn to for advice and support. We also have councillors who come into school each week and school nurse drop ins. Messages about keeping safe and anti-bullying are constantly revisited and are main focus of our annual Respect Week. Here are a few other ways we support our children:  chestnut farm 4  Image may contain: 4 people, people smiling, outdoor and nature  All classes visit Forest School.  **(All classes visit)**    Year Two residential to    Sherwood Forest.  Image may contain: 5 people, people sittingImage may contain: 1 person, playing a sport, standing, tree, child and outdoorImage may contain: 2 people, people smiling, people sitting, child and outdoor  Inviting Mums and Dads to stay for lunch.  Image may contain: 5 people, crowdForest school3Image may contain: 1 person, child  Happy Lunch Times Outdoor Learning Young Voices  meditation 1  Meditation. |
| **Healthy Eating** |
| Healthy Eating posters are displayed in the school hall. The Food Support Service provides nutritional meals and children are asked to choose between two options on a daily basis. Within the hall, the dining experience is enhanced with members of the SLT being present each day and children in KS2 acting as helpers for the younger children and dinner staff such as serving water and helping to tidy up. Each half term there is a ‘Golden Table’ where a child from each class is chosen to have a special dinner time experience having lunch with a member of the lunch time team. The school is part of the fruit and veg scheme and many of our children buy into the Cool Milk. In classrooms, water is always available to the children and they are encouraged to bring in water bottles. The Before and After school clubs also provides healthy meals. In addition, we have:  website 2 fruit 3 |
| **Physical** |
| There is always lots of physical activity at Moira. Before school, children who need to work on their gross motor skills complete movement classes in the hall and at the end of the day children in Key Stage One have an additional break and children in Key Stage Two participate in Walk a Mile (although most choose to run). For children who prefer to have a calmer time there are quiet areas as well as a garden area where they can read and/or draw. Happy Lunch Times ensures there are variety of activities from arts and crafts, Lego to football and races. There is also all of this:  Image may contain: 1 person, basketball courtImage may contain: 4 people, people standing  Circus Skills.  Sports Day.  Image may contain: 1 person, playing a sport, standing and outdoor  Image may contain: 4 people, people smiling, people standing, sky, tree, outdoor and natureImage may contain: 1 person, playing a sport, grass, outdoor and nature  Image may contain: 1 person, shoes and outdoor  Learning to snowboard with returning Olympians.  Image may contain: one or more people, shoes and outdoor  Image may contain: 1 person, standing, tree and outdoor  Image may contain: tree, sky, plant, outdoor, nature and water      Year Six residential to Boreatton Park |