**Healthy School and My Happy Mind at St John’s**

***‘Children are a gift from the Lord’ (Psalm 127 v.3)***

**The vision of our school**

***St. John’s is a caring, Christian community striving to support its members to achieve their God given potential. Exploring our unique gifts and raising aspirations, we prepare our children for the challenges of the modern world. Following Jesus’ example, we seek to grow good people who can make a difference.***

**A Vision Statement for Healthy School and My Happy Mind.**

We recognise that each and every child is a ‘…gift from the Lord’ consequently, developing and supporting every child in our care: spiritually, morally, socially, culturally and intellectually to become the best that they can be is fundamental to all that we do. We want our children to have the desire to aspire and achieve whatever they want in the world.

As with all curriculum subjects, our school’s Christian vision drives all of our learning.

At St John’s our vision is to provide opportunities for the personal development of all of our children, and developa school community where they can enjoy a welcoming, secure, happy and healthy environment, and where our children can develop self-esteem, self- confidence, self-motivation, independence, team work, compassion, tolerance and empathy and understanding of others. Our aim is to support the physical, emotional health and well being of our children, and we have a supportive and caring ethos of respect and kindness, where each individual is valued.

God in our Lives

Our school is a safe place in which St John’s pupils are encouraged to be responsible, respectful and active citizens who are able to play their part in the life of the school and in public life as adults. They are encouraged, through our healthy school work and My Happy Mind activities, to develop and build confidence, resilience and knowledge so that they can keep themselves mentally and physically healthy. These positive personal traits will enable our pupils to behave with integrity and cooperate consistently well with others. The Healthy School and My Happy Mind curriculum enables children to have the necessary tools and skills to ready them for the next stages in their lives with positivity and respect for others.

Ignite your Fire

We ignite an active and engaging enthusiasm in St John’s children. There are opportunities to promote team building, independence, resilience, perseverance, a chance to work within an outdoor classroom and opportunities to work through a variety of methods.

The links with other curriculum areas, such as P.E. and science, allows the Healthy School curriculum to promote healthy physical activities which develop co-ordination, balance, motor skills, confidence, teamwork and enjoyment. These skills provide the building blocks for the children’s future and the foundations for a healthy life style. The science links give the children the knowledge and understanding why these building blocks are essential tools for their adult life, embracing the importance of physical health. The My Happy Mind curriculum provides the ways and understanding of the importance of mental health and well-being through fun and enjoyable activities.

Family

At St John’s we encourage an inclusive environment in which each child can feel valued, unique and safe, and celebrate their own individual gifts and talents, and those of others. The equality of opportunity within our school allows all pupils to thrive together, understanding that difference is a positive, not a negative, and that individual characteristics make people unique. As in a family there are opportunities to seek out support and help from any member of our school family, and from our Family Liaison Support, and so allowing the children to develop the knowledge and understanding that everyone may feel vulnerable at certain times in their lives, but there is the help and support within our school family for them. Discussion helps to break down obstacles and build positive relationships and feelings.

Truth

Children have opportunities through the PSHE/RSE curriculum to understand how to look after themselves and others. This area of the curriculum works to develop and work through building life skills such as eagerness to learn, citizenship, democracy, habits of the mind and mindset growth. My Happy Mind curriculum engages children to work towards preventative habits that support positive mental health, resilience and self-esteem. This gives our children the skills and strategies they need to thrive in tomorrow’s world.

As a school we believe it is vital that we give all our pupils the opportunities, within our curriculum activities, access to the support they need to grow up as happy, healthy, resilient and caring individuals.