

# ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS



Dear Parents and Carers,

In September I wrote to you about the new One Life personal development programme we were introducing throughout school. Our morning routine is now embedded in all year groups and we are really pleased with the impact it is having. We have had really positive feedback from children, staff, parents/carers, governors and even supply teachers about the morning routine and we are now looking forward to implementing the next phase.

As promised, here is an update on what the children will be learning about, through our **One Life** lessons next half term. We will start the half term with a One Life Day which will have the focus of self-awareness - helping children build confidence, understand their thoughts and feelings, and make healthy choices for a happy, balanced life.

## One Life Day Focus – Monday 3<sup>rd</sup> November: Self-Awareness and Wellbeing

### **Helping children understand who they are and to feel good about themselves**

Here is an overview of what we will be learning throughout the day:

- **Knowing Ourselves** - we're exploring what makes each of us unique and special.
- **Our Inner Selves** - we'll look at who we are on the inside - our hearts, energy and values.
- **Managing Our Thoughts and Feelings** - the children will learn that not all thoughts are facts and they'll practice "watching their thoughts" instead of believing everything they think.
- **Family and Connection** - we will talk about the importance of families - all different, but all built on love and care and we'll also discuss how strong family connections help us stay happy and mentally fit.
- **Caring Friendships** - this is all about being a good friend - kind, honest, loyal, and respectful and we'll explore how to handle friendship challenges and how to make positive choices when things go wrong.
- **Healthy Bodies, Healthy Minds** - we'll look at how what we eat affects our mood, energy and focus. The children will learn about balanced meals, limiting sugar and looking after their teeth and bodies. We'll link healthy eating to feeling good both physically and mentally.

## Rossett Acre One Life Newsletter – Autumn Term 2025

### One Life Autumn 2 Half Term Focus Mental Fitness and Wellbeing

**Helping children understand their thoughts, feelings and bodies so they can make positive choices and feel confident, calm, and kind.**

Here is an overview of what we will be learning for the rest of the half term.

- **Understanding Our Response System** - we will begin by exploring how our mind and body work together to keep us safe.
- **Getting to Know Our Thoughts and Feelings** - we will explore how everything inside us is connected - our thoughts, emotions, and actions.

Children will meet three characters to help understand the brain:

**Wise Owl** - our calm, thinking brain

**Guard Dog** - our safety alarm (amygdala)

**Emotion Elephant** - our memory and feelings centre

- **Managing Big Feelings with the Magic of Breath** - we will learn that our breath is a superpower! When we feel big emotions like stress or anger, breathing deeply helps calm the body and shift from “fight or flight” to a calmer state.
- **Understanding and Showing Respect** - we will remind ourselves that respect is about treating others the way we want to be treated (our Golden Rule).
- **Respecting Our Bodies and Building Self-Worth** - this is a focus on self-image and body confidence.
- **Building Healthy Boundaries** - finally, we will explore boundaries - the rules and limits we set to keep ourselves safe and respectful in relationships.

You will continue to be updated with newsletters and curriculum content throughout the year, but as always, please don't hesitate to contact us if you have any questions.

Thank you for your continued support.

**Kate Woodcock**

**Deputy Headteacher**