



Moreton C of E Aided Primary School,
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www.moretonceprimaryschool.co.uk

Head teacher: Mrs N. Batt

8th February 2021

Dear parent/carer,

Thank you to those parents who joined us for the mental health & wellbeing session last week. During this session we also clarified how we teach personal and social health education (PSHE) to include these topics.

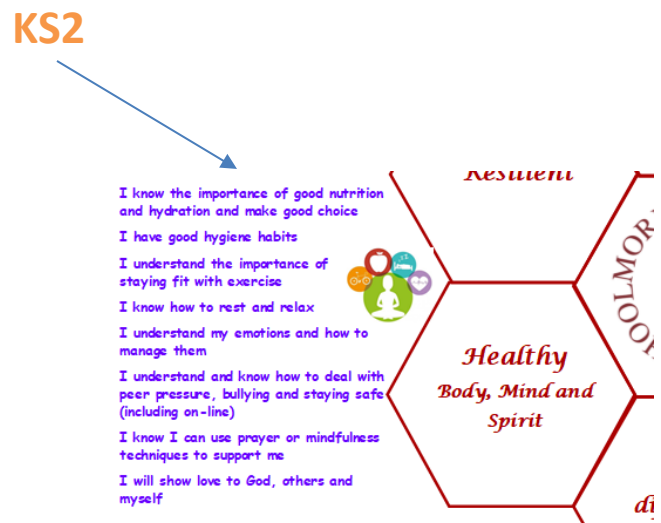
Government expectations are that we cover these 3 strands:

- Health & Wellbeing
- Relationships
- Living in the Wider World

This gives the children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. Health Education includes emotional wellbeing, online safety and RSE (Relationships and Sex Education). We continue to review and adapt our curriculum according to the current needs of pupils.

Our vision is that we are "Growing Together in Faith, Knowledge and Love". On our website you will be able to find our curriculum drivers and information regarding our overview. Our PSHE curriculum is integrated within these contexts e.g. we have a focus on Christian values such as peace and this links with an understanding of having peaceful relationship with one another.

Additionally, our PSHE programme of study alongside our computing curriculum includes online safety to enable children to understand the impact of technology on their lives.



The relationship and sex education that we will teach will be underpinned by our distinctive rationale in the Christian belief of Love. It will include learning about the emotional, social and physical aspects of growing up. Some of the elements will be taught through Science and others as part of our PSHE. There are 4 elements to it:

- Knowledge
- Values & Beliefs
- Skills
- Emotions & Feelings



Before we finalise our scheme of work for each year group we would welcome your views as parents and would ask that you complete a survey regarding this – the link is at the bottom of this letter.

Now more than ever supporting families emotional wellbeing and mental health is crucial. We tackle this through a balance of focused lessons and those which are weaved through other areas of the curriculum. It is based on the 5 elements that we believe are important for good mental health and wellbeing. As a forest school we encompass the philosophy “to encourage and inspire individuals of any age through positive outdoor experiences” (Forest Schools Association). Being active through sport and taking part in outside activities helps to boost energy levels and reduce anxiety. I am a trained Mental Health First Aider and other members of staff are trained to support families or direct them to support from other local services.



The Five Ways to Wellbeing

Following from last week’s information evening we would like families to take part in our wellbeing BINGO. Please send photos (or videos) to Miss French at deputy@moreton.essex.sch.uk which will form part of a display in school on developing good mental health. We would also like to set up a group for parents who require confidential support with each other during these times. If you require support please do not hesitate to contact us. Mrs Bateman will be holding after school sessions on Thursdays for pupils who are struggling at this time by providing a safe place to share. As a school community, we are committed to working in partnership with parents and our website provides a wealth of information <https://www.moretonceprimaryschool.co.uk/well-being/>

Please do complete this survey to enable us to take your views into account:
<https://forms.gle/QGCnPuiRyE77MpRw7>

Kind regards

Mrs Nikki Batt
 Headteacher

WELLBEING BINGO

How many of these can you cross off before half term?

Sing your favourite song at the top of your voice	Go for a local walk, somewhere you have always planned to go or have not been for a while	Take time out and write a letter to someone	Write 3 things that are good about yourself and put on the fridge or somewhere visible.
Try a new form of exercise	Go to bed earlier than you normally would one night	Watch a film that makes you laugh	Take half an hour in a quiet place to read something you enjoy
Make and eat something you find delicious	Shut your laptop and make a cuppa at lunchtime - take time out	Try a new hobby activity	Put on a song you love to dance to and dance
Surprise someone with a little treat	Start a new book	Send a message to someone to tell them how well they are doing or how they've inspired you	Buy yourself a little treat and enjoy