



With our ongoing focus of improving the social, emotional and mental health of our school community, we proudly present a very carefully planned 'Hands On' Day. The rationale behind this themed day is:

to reduce the stress of 'recording' as evidence of the learning in the classroom and to provide opportunities for collaborative and discursive learning.

The day will include:

- **Mile a Day** – all children are invited to join the staff team to Run/Walk a mile or to cycle 2 miles. All children and staff who take part will enjoy a bagel courtesy of Mrs Bull to prepare them for the morning ahead
- **Dr Bike** – assessing the children's bicycles to check they are 'ride worthy'
- **The Power of Music** – all children will be enjoying a range of musical experiences to support stress management and relaxation
- **Sensational Storytelling** – children will also have the opportunity to visit the library for a storytelling session to develop imagination and the children's love of reading
- **Dance Away** – all children will enjoy a dance therapy session to revitalise and refresh the mind and body, learning dance routines to share with others classes and as an opportunity to re-hydrate
- **Creative Home Cooking** – children will have the opportunity to learn to create a home cooked, healthy meal with their class, focusing on those Scientific, Mathematical and reading skills too
- The rest of the day will be devoted to **mindfulness** activities

All children will enjoy a balanced, reduced sugar packed lunch at lunchtime in support of our themed day too. We ask that the children wear yellow on this day in support of being 'mellow'.

We will be rewarding children throughout the course of the day with yellow **WELLNESS TOKENS**. Each class will be allocated ten of them to award to any child.

Children that have been awarded a Wellness Token throughout the day will also receive a certificate to take home that recognises their contributions that day.

Wellness Tokens can be awarded based on:

- Positive mindset
- Showing resilience
- Taking risks
- Showing awareness of others' needs
- Gratefulness

We are looking forward to it!