

## **Well-being at St Michael at Bowes C.E. Junior School**

The well-being of our children and staff SMAB is paramount and our ethos ensures that everyone feels valued, heard and respected.

### **The well-being of our children**

We have a very strong Growth Mindset ethos across the school that encourages independence and resilience, enabling children to use these skills in any given situation. Children are given opportunity to reflect on their learning and take ownership of their own progress.

We have a nurturing culture as SMAB which is promoted through collaborative learning which creates relationships with children across the school.

Our children participate in mindfulness activities and through our PSICHE curriculum, we ensure that their mental and physical well-being is valued by themselves and others. Our PSICHE lessons supports the children to develop the knowledge, skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they may face as they journey through adulthood.

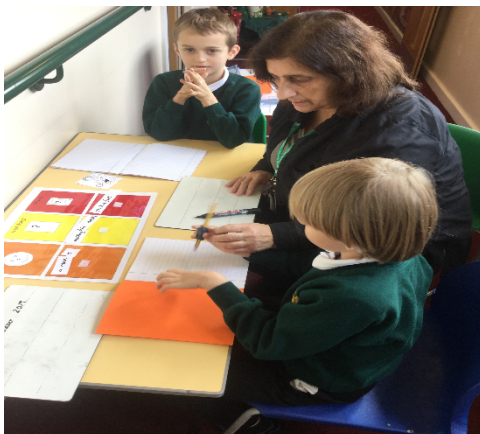
### **SMAB's Growth Mindset Ethos**

All our children are taught that everyone can achieve through a positive attitude to learning. Learning never stops; with practise, effort and resilience everyone can improve - however, this belief must first come from within.

Having a Growth Mindset enables all, especially our children, to improve through challenge and viewing mistakes as a learning opportunity. They take responsibility for the depth of knowledge and understanding that all successes come from overcoming things that were previously a challenge.

According to Professor Carol Dweck, it is a belief that a person's abilities and intelligence can be developed through practice, perseverance, determination and motivation.

This theory, is embedded into our curriculum and the life of the school with the thinking to any barriers that 'I can't do it yet'. Each child receives 1:1 conferencing with their teacher to discuss their progress across the curriculum and to gain a greater understanding of their skills.



**Colourful Semantics Working Board** ...is a colour coded system to help the development of language, literacy, speaking, social communication, Theory of Mind and confidence.

### **Mindfulness at SMAB**

We promote mindfulness at SMAB because we believe that it improves emotional health and well-being. Our aim is to equip our children with strategies which enable them to deal with a variety of situations.

Being mindful means paying attention in the present moment. When children practice Mindfulness, they can see their thoughts, feelings, motivations, reactions and responses with greater clarity and understanding.

