

OUR SCHOOL DAY

Our day begins at 8:50am, staff meet and greet us at the gate.
Then we head inside for warm toast!



Morning Mindfulness

- After we tell our teacher how we are feeling that morning, we always start our day with a mindfulness activity.
- This might be yoga, stretching, colouring or a mindfulness story.
- This helps us relax and get ready to learn.





Brain Breaks

- Our brain breaks happen throughout the day. These are good fun and help us learn in each lesson.
- We can go and relax for a short time in one of our mini zen dens, or visit our sensory room.

Playtime

- Our playground is zoned into several different areas:
- An active zone
- Reading Dens
- Adventure Zone
- Football Pitch
- Bike Track
- Conversation Cafes



Health and Wellbeing



- Our school knows that looking after our Health and Wellbeing is the most important lesson. So, we can get help with this in lots of different ways:
- Art Therapy
- Coaching
- Marshall, our Therapy Dog
- Chat Tokens and Worry Boxes
- Sensory Room
- Zen Dens



After School

We can stay longer in school by attending a club:

2-3 club

Gardening club

Homework club

Hockey Club

Netball club

Badminton Club

Steam Club

Scripture Union

