

How do Valour schools support our children to be mentally healthy?

Dame Nicola Stephenson DBE

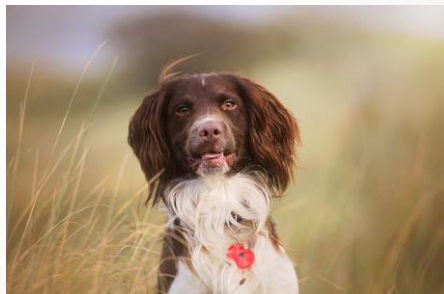
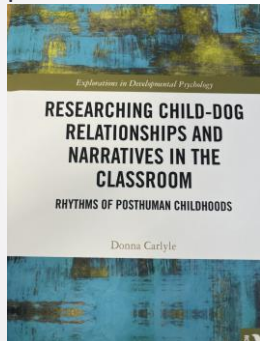
Both Valour schools have been graded Outstanding for the personal development of children by Ofsted. This is because we treat each and every child as a unique and precious individual.

Our vision is for every child to feel safe, happy and loved. To help the children, and staff to be mentally healthy, we focus on the tools they need to face the pleasures and challenges in life. They appreciate nature, themselves and others.

Activities delivered in Valour schools include;

-Walbottle Village have a comfort kit in every class to help children if they feel they need time out to gather themselves before returning to a class task.

-Beech Hill was one of the first schools in the country to have a well-being dog Ted. He has now had a book published about his impact on the well-being of children.



-The schools hold assemblies delivered by mental health experts such as RISE and Action for Children to focus on mindfulness.

-They also hold breathing assemblies and exercises to learn the art of self-calming and taking time to reach a state of peace in their day.

Communication passports are used for some individual children who need a different approach to reaching calmness and being ready to learn.

-Access to 1 to 1 sessions for children who need more specialised work to access mindfulness. Through a tiered approach we ensure every child, and adult, has the tools to be safe, happy and loved.

Fun facts

I set the staff secret challenges in school. This week's task has been to make 3 people smile with genuine compliments.

I am taking part in the Great North Run 2024 to raise funds for St Oswald's hospice.

I am currently reading Susan Jeffers book *Feel The Fear And Do It Anyway*.



When I was a child I wanted to be a witch when I grew up.

I love my job and would recommend teaching as a wonderful profession.

