







Let's Celebrate! Autumn Term 2022

During the Autumn term Lets Celebrate! sessions will be based in classrooms. Teachers should ensure that there is an identified timetabled session each week. Each phase should contribute to the whole-school display on a rota basis. A link has been provided to possible resources and activities to support each session. Opportunities to link promoting British Values and our SMILE approach should be included.

Promoting British Values

British Values include Democracy, The Rule of Law, Individual liberty and Mutual Respect and Tolerance. At Old Park School we promote the fundamental British Values in the following ways.

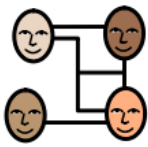




Democracy	The Rule of Law	Individual Liberty	Mutual Respect and Tolerance
 <p style="text-align: center;">democracy</p> <p>In order to incorporate democracy, we showcase everyone being treated equally and having equal rights. Pupils are taught that their opinions are important and each pupil's thoughts and feelings are listened to and valued. Old Park School actively promotes and supports the importance of each pupil having their own 'voice' through an identified communication approach. Pupils are given the power to choose and make decisions both on their own and in groups.</p> <p>We have an active School Council.</p>	 <p style="text-align: center;">the rule of law</p> <p>Pupils are supported to learn to manage their behaviour and take responsibility for their actions. Staff are committed to providing a positive role model and a consistent and predictable environment within school. We can help some pupils to understand the connection between actions and consequences. Pupils are taught about the rules within school and that rules of society, how to stay safe and those people who can help them to do this.</p>	 <p style="text-align: center;">individual liberty</p> <p>Pupils are encouraged to become good and valued citizens. We do this by supporting each pupil to become to develop their self-esteem, confidence and independence. We demonstrate that everyone has rights; this includes the right to say 'yes' or 'no'. Some pupils will be able to take responsibility for particular roles and to understand that with certain rights comes a level of responsibility. Learning to do things independently is an important part of learning to understand yourself. Pupils are encouraged to try new experiences and their involvement in these is celebrated.</p>	 <p style="text-align: center;">respect and tolerance</p> <p>We are part of a school and local community where each person is respected and valued equally without regard to ability, gender, faith, heritage or race. Cultural appreciation and development forms part of our curriculum. We place great emphasis on providing encounters and participation in events and celebrations to broaden all pupils' experiences and awareness of others. Pupils are encouraged to experience British Culture through our curriculum themes and projects.</p>

Our SMILE Approach

SMILE is an approach that was developed by Barry Carpenter and Forest Oak School in Solihull. It is based around the NHS 5 Ways to Well-Being and is used at Old Park School to underpin our work in supporting the emotional health and well-being of our school community.

[SMILE approach – Barry Carpenter Education](#)

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](http://www.nhs.uk)

 <p>Socialise</p>	<p>‘Connect with others’</p> <p>Good relationships are important for your mental wellbeing. They can:</p> <ul style="list-style-type: none"> ▪ help you to build a sense of belonging and self-worth ▪ give you an opportunity to share positive experiences ▪ provide emotional support and allow you to support others
 <p>Move</p>	<p>‘Get active’</p> <p>Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:</p> <ul style="list-style-type: none"> ▪ raising your self-esteem ▪ helping you to set goals or challenges and achieve them ▪ causing chemical changes in your brain which can help to positively change your mood
 <p>Interest</p>	<p>‘Notice and be mindful’</p> <p>Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.</p>
 <p>Learn</p>	<p>‘Keep learning’</p> <p>Research shows that learning new skills can also improve your mental wellbeing by:</p> <ul style="list-style-type: none"> ▪ boosting self-confidence and raising self-esteem ▪ helping you to build a sense of purpose ▪ helping you to connect with others
 <p>Engage</p>	<p>‘Give to others’</p> <p>Research suggests that acts of giving and kindness can help improve your mental wellbeing by:</p> <ul style="list-style-type: none"> ▪ creating positive feelings and a sense of reward ▪ giving you a feeling of purpose and self-worth ▪ helping you connect with other people <p>It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.</p>

Week Beg.	Main Themes inc. Festivals and notable dates
5.9.22	Back to School – Getting to know you

	https://www.twinkl.co.uk/event/back-to-school-2022 https://www.twinkl.co.uk/event/getting-to-know-you-week--2022
12.9.22	Disability Awareness Day (12.9.22) https://www.twinkl.co.uk/event/disability-awareness-day-2022
19.9.22	Sukkot (20-27.9.22) (Jewish) https://www.twinkl.co.uk/event/sukkot-usa-2022
26.9.22	Rosh Hashanah (25-27.9.22) (Jewish) https://www.twinkl.co.uk/event/rosh-hashanah-2022
3.10.22	St Francis' Day (4.10.22) (Christian) https://www.twinkl.co.uk/event/st-francis-day-2022
10.10.22	World Mental Health Day (10.10.22) https://www.twinkl.co.uk/event/world-mental-health-day-2022
17.10.22	Al-Mawlid Al-Nabawi (18-19.10.22) (Islam) https://www.twinkl.co.uk/event/mawlid-al-nabi-2022 Harvest (23.10.22) https://www.twinkl.co.uk/event/harvest-festival-2022
31.10.22	Bonfire Night (5.11.22) https://www.twinkl.co.uk/event/bonfire-night-2022
7.11.22	Remembrance Day (11.11.22) https://www.twinkl.co.uk/event/remembrance-day-2022
14.11.22	Anti-Bullying Week https://www.twinkl.co.uk/event/anti-bullying-week-2022
21.11.22	National Tree Week https://www.twinkl.co.uk/event/national-tree-week-2022
28.11.22	St. Andrew's Day (30.11.22) https://www.twinkl.co.uk/event/st-andrew-s-day-2022 Advent (Christian) https://www.twinkl.co.uk/event/advent-2022
5.12.22	Christingle https://www.twinkl.co.uk/event/christingle-scot-2022
12.12.22	Christmas (Christian) https://www.twinkl.co.uk/event/christingle-scot-2022

Other Events

Recycle Week – 20-26.9.22

International Week of the Deaf – 21-25.9.22

Autumn Equinox – 22.9.22

Black History Month – October

Inter Faith Week 13-21.11.22
BBC Children in Need – 18.11.22
Christmas Jumper Day – 9.12.22