



MOWDEN MATTERS



The definitive guide to Pastoral Matters at Mowden Hall School

Apr '23

I hope that everyone was able to enjoy the Easter holidays and are now making the most of the brighter (if not warmer) days and evenings.

Whilst the school has been back only a short while, pastoral matters and progress continue apace. I am delighted to inform you that I have signed Mowden Hall up for the Wellbeing Award for Schools. This evidence-based award focuses on the long-term culture of staff and pupil wellbeing and looks to drive change in culture to further improve the provision of wellbeing. Your opinions will be invaluable in this process and I will be in touch in the near future to garner your thoughts - your support will be both crucial and greatly appreciated!

Mr P. Sturt

WAS

promoting emotional wellbeing and positive mental health

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline have brought out advice for children with upcoming exams. Whilst we do our best to prepare children for the rigours of assessment in school, the advice on these pages could prove useful and may be of greater interest to those children who will be sitting exams over the coming weeks. There are some great videos at the bottom, which focus on exam preparation and helping to maintain wellbeing. Just click the logo..



Positive Self-ta Weekly Reflecti

Something I achieved this week...	Someone I connected with this week was...	Something I enjoyed doing this week...	
I had fun when...	I learned from this mistake...	One way I showed kindness this week was...	Something that went well today was...
One way I showed kindness to myself...	I am grateful for...	Something interesting this week was...	A quality I am developing is...
		I like this about myself...	Something I love about my life is...

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This week in Form Period, I thought it would be good for children to focus on their own self-esteem. Some groups were able to spend time thinking about and discussing things that they appreciated in their lives.

The squiggle below is a link to Childnet - a charity looking to protect children online. On this page they provide ideas for Family agreements on internet use as well as discussion start points to aid online safety.



EARTH DAY

Ideas Board

Turn down the heating - wear your tweed!

Instead of using plant pots, use toilet roll tubes to plant seeds.

Wash clothes less often and don't use tumble dryers

Rubber running track to reduce the use of the tractor

Get a wind turbine for Mowden!

Make our minibuses electric!

Let flowers grow - improve biodiversity

Every year should plant a tree

Eco house points

Planting more trees and wildflowers on site.

Riding my bike more.

Use less paper, more online work

Use more public transport

Eat everything on your plate



Shortly after our return from the Easter break, it was great to see such good discussion around sustainability when we marked Earth Day. The children clearly “get” the idea and came up with some very creative ways of reducing our carbon footprint and becoming even more sustainable.



Coming up in May...

