



Stockingate, South Kirkby, Pontefract, West Yorkshire, WF9 3DP

Telephone: 01924 967615

Email: skaoffice@watertonacademytrust.org

Website: www.southkirkbyacademy.org

Headteacher: Mr Adam Potter

Proud to be part of  Waterton Academy Trust

Monday 8th September 2025

One Life Personal Development Programme

Dear families,

I am delighted to tell you about **One Life**, a brand new Personal Development Programme we are introducing across school.

One Life has been designed by a Headteacher to develop **physical**, **social** and **mental** fitness in children. Our young people are growing up in an increasingly challenging world and now, more than ever, we need to ensure that they know how to build their physical, mental and social fitness, so that they can live their 'ONE LIFE' well.

There are two elements to the programme:

1. A daily Morning Routine which takes place as soon as the children arrive on a morning (we have started this already)
2. A weekly lesson that focuses upon different aspects of physical, social and emotional fitness (this will begin next week)

You will receive a half termly newsletter/video to inform you about what your children will be learning in their One Life lessons. This will enable you to have conversations with your children about their One Life journey and consolidate key messages at home.

In the meantime, have a look at the Morning Routine information overleaf so you are familiar with how this looks in school. Hopefully, your children will enjoy telling you about their Morning Routine and start to benefit from it as it becomes embedded.

If you have any questions, do not hesitate to catch me on the gate one morning this week.

A Potter

Headteacher

ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS

Our Morning Routine explained:



Safe Touch:

Each morning children choose a safe touch to meet and greet their teacher (high five, hand shake or hug) and this is proven to help children feel valued, create a sense of belonging as well as releasing oxytocin, the loving hormone.



Thought Splat/Journaling:

After we have taken the register, we all complete a thought splat in our journals which helps us to write down any thoughts that might be stopping us from being present and our best selves. We want children to know that 'we are not our thoughts' and that not all thoughts are facts. Our minds are powerful and we must choose to pay attention to the positive thoughts because our thoughts affect our emotions which affects how we behave and 'show up' in our lives. We tick and cross our thoughts so we can make space to learn!



Mindful Minute:

Once we have cleared some space in our busy minds, we then pay attention to our bodies and think about our nervous system. We are teaching the children that we have two main 'modes' and we want our children to be in parasympathetic mode which means calm, regulated and when we preserve energy to concentrate and learn. We can't learn when we are in state of high alert (fight, flight or freeze) so we practise breath work to ensure that our nervous system is calm.



Affirmations:

Once the children are calm, we set our intentions for the day. We choose positive **I am** statements so our minds are being filled with goodness. I am loved. I am safe. I am enough. We are what we think!



Wise Words:

We end our morning routine with some wise words which help us to grow personally and reflect on inspiring quotes and messages. We want to feed our children with goodness so they know better, so they can do better in their ONE LIFE!