

EVERY
CHILD

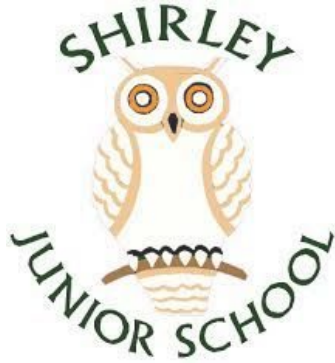
Belonging
Nurture
Safety

EVERY
CHANCE

Opportunities
Inclusive
Adapt

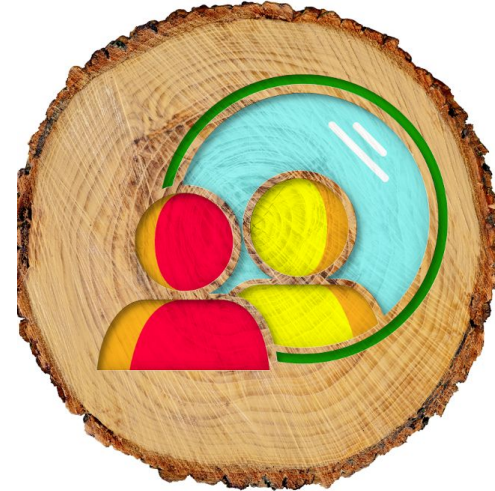
EVERY
DAY

Understanding
Consistent
Ambitious



KINDNESS
RESPECT
INTEGRITY

Our Personal Skill:



To reflect

How can you help yourself?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel? sad tired worried missing someone	How might you feel? happy calm relaxed ready to learn	How might you feel? worried confused nervous not ready to learn	How might you feel? angry frustrated stressed out of control
What might help you? Talk to someone Breathe Take a brain break Stretch Take a walk Close my eyes	What might help you? The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	What might help you? Talk to someone Count to 10 Take deep breaths Open something Draw a picture Take a brain break	What might help you? Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Myself

Shirley Junior School	Repair	and	Rebuild
What happened?	What were you thinking?	What were you feeling?	Who has been affected?



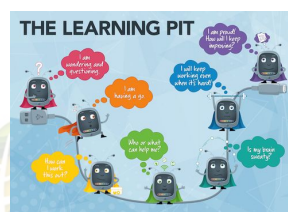
Community



To reflect

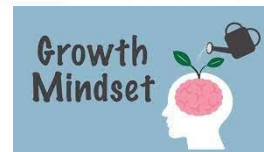
At Shirley Junior School we take time to **think deeply** and learn from our experiences.

EVERY
CHANCE
Opportunities
Inclusive
Adapt

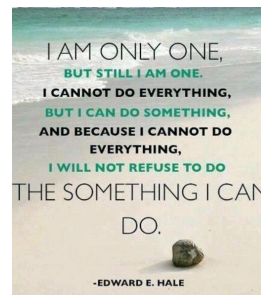


EVERY
DAY
Understanding
Consistent
Ambitious

My Learning



Global



EVERY
CHILD

Belonging
Nurture
Safety

EVERY
CHANCE

Opportunities
Inclusive
Adapt

EVERY
DAY

Understanding
Consistent
Ambitious

Year Group	To reflect	Specific skills taught
Year 3	Taking advice and guidance to develop as a learner.	Active listening skills CAR (Check and Respond) - challenging my understanding Observing - learning from experts and having a go myself.
Year 4	Me as a learner	My learning strengths and areas to develop Using knowledge I have to deepen my understanding Positive mindset and the learning pit.
Year 5	My role in a community	My identity and the community I live in. Acting with integrity in our community - making a positive contributions. Kindness in the community.
Year 6	Learning from global experiences	How the world can impact me - reactions to experiences Respect, Integrity, Kindness - how our values can make a difference in the world I am only one, but I am one person - I can do something.

Reflecting at Shirley Junior School: Repair and Rebuild



We foster the belief that **making mistakes is normal**, it is how we **repair and rebuild** from them that matters. To support children *reflecting* on this, when conflicts occur, we use a restorative approach called Repair and Rebuild.

The children (and/or adults) involved, with a neutral third-party if helpful, ask and answer a set of questions to help them share their perspective and listen to each other. This develops their empathy skills.

Repair and Rebuild monitors from across each year group are trained, so they can help their peers reflect and resolve conflicts.

Repair and Rebuild

What happened?
What were you thinking at the time?
How are you feeling now?
Who do you think has been affected?
What needs to happen to put things right?
Does there need to be an action?

Shirley
Junior
School

Repair

and

Rebuild

What
happened?

What were
you
thinking?

What were
you
feeling?

Who has
been
affected?

Reflecting at Shirley Junior School: Remembrance Day

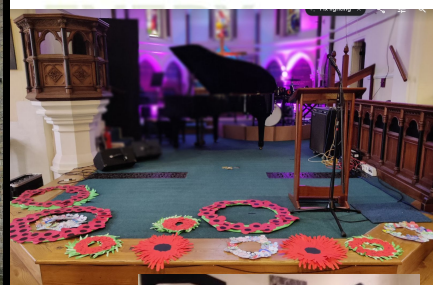
Year 3
What is
remembrance day?
Poem:

Year 4
The symbol of the
poppy
Poem: Flanders Field

Year 5
The Unknown
Warriors
Poem: For the fallen

Year 6
Airmen in WW2
Poem: High Flight (An
airman's ecstasy)

Each year, Shirley Junior School joins the nation in reflecting on remembrance day. Each year group deepens their understanding of the reflective day through the analysis of poetry of the time. Alongside the grandparents of our community, we reflect in a service that commemorates all service men and women and those who are impacted by conflict.



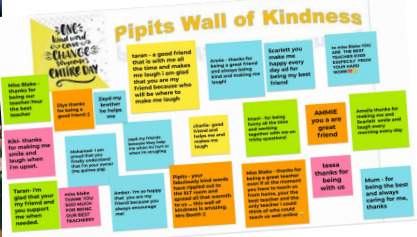
<https://www.youtube.com/watch?v=RJaP4kYfMfg>



A group of approximately 20 children, all wearing green school uniforms, are sitting in a large circle on a green carpeted floor. They are all smiling and looking towards the camera. Some children are making peace signs. The room has a green carpet, a whiteboard, and some storage units in the background.

Glow-worms- Pledge for Kindness

No act of kindness,
no matter how small,
is ever wasted.



Children reflect on our values of kindness, respect and integrity and their role in combating all forms of bullying.

KINDNESS RESPECT INTEGRITY



Reflecting at Shirley
Junior School:
SJS Assembly reflection

FOR WHAT WE HAVE

For the morning that I wake to
For food I eat and enjoy
For my health to move and grow up
For my possessions, my clothes and toys
For my shelter that I am safe in
For my family, who love and care
For my school, I learn and play in
For my freedom to choose and share



For all these things, I am thankful every day.