



We Work Together To Succeed

**A SOUTH NORWOOD PRIMARY SCHOOL
GUIDE TO :**



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Dear Parent/Carer

SHINE is an acronym:

- S**leep
- H**ealthy food and drink
- I**, Myself and Others
- N**ature
- E**xercise



WHAT IS SHINE?

SHINE is an ethos to promote positive whole child development whilst working closely with families. **SHINE** brings together all of the personal and social development elements that are part of the existing curriculum, but it makes these elements explicit and raises the status of these crucial childhood developments.

HOW DOES IT WORK?

SHINE underpins the whole of school improvement, guiding children to a healthier, more positive and aspirational lifestyle. Its five elements are supported by the school's existing curriculum. Awareness is raised through assemblies, reinforcement in class, whole school expectation and family liaison.



SHINE was introduced in September 2006. Initially, each half-term, there was a particular focus on one of the elements, whilst, of course, still promoting the whole of SHINE. In the second half of the summer term, all of the elements were drawn together and the impact evaluated.

| <i>Autumn 1</i> | <i>Autumn 2</i> | <i>Spring 1</i> | <i>Spring 2</i> | <i>Summer 1</i> | <i>Summer 2</i> |
|---------------------|-----------------|-----------------|-----------------|-----------------|---|
| <i>Introduction</i> | | | | | <i>Bringing it all together... and evaluating the impact.</i> |
| S | H | I | N | E | |

At South Norwood Primary School, we continue to **SHINE** at all times, Promoting a positive and inspirational approach to the development of each and every one of us.

Della Williams
Headteacher



S is for SLEEP

- Why do we need sleep ?
- How much sleep do I need ?
- How does sleep affect my learning ?
- How do we sleep ?
- Why do I dream ?
- What are sleep cycles ?



H is for HEALTHY FOOD AND DRINK

- Why should I eat and drink healthily ?
- What is a healthy lunch ?
- Why should I drink lots of water ?
- What is a healthy breakfast ?
- What is a healthy dinner ?
- How can I become healthier ?



I is for I, MYSELF AND OTHERS

- Why should I take care of myself ?
- How can I feel good about myself ?
- How can I have positive relationships with people around me ?
- Why is hygiene important ?
- Why should I respect others ?



N is for NATURE

- What sort of a person am I ?
- Can I explain my emotions ?
- How can I be successful in my life and achieve my very best?
- Why do I feel as I do ?
- What ambitions do I have ?



E is for EXERCISE

- Why is exercise good for me ?
- Where and when can I exercise ?
- What clubs can I join ?
- How can I get fit ?

HOW ARE PARENTS/CARERS AND FAMILIES INVOLVED ?



This leaflet aims to give a brief summary of **SHINE** and how it works.



At the start of each term, families are informed in detail about what the children will be learning in school. All learning, personal, emotional and social development is intended to help each child fulfill their potential and to **SHINE**.



The closer we can work with parents/carers to support children's learning, the more progress the children will make. Your child will see their learning as a continuum that doesn't end at school, but carries on at home. This doesn't mean endless sheets of homework...we promote a practical, shared and enjoyable approach to learning.



We believe that working closely with you will bring about really positive changes to children's lifestyles: attitudes, behaviour and commitment to their future.



This is a whole-school ethos and every adult member of the school will be reinforcing the message of **SHINE**. We hope that you, as the most important people in your child's life, will work with us and **SHINE** too!