



Bramley St. Peter's C of E (Aided) Primary School

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Headteacher: Mrs Ruth Esplin

*Journeying together
with God*

One Life

Dear Parents/Carers,

We again this year will be using our One Life programme which is a Personal Development Programme we introduced across school last academic year.

ONE LIFE has been designed 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 and be their best self.

There are two elements to the programme (use the QR code to watch a video about the programme):

1. A daily Morning Routine which takes place as soon as the children arrive on a morning
2. A weekly PSHE lesson that focuses upon different aspects of physical, social and emotional fitness



The morning routine is detailed on page 3 of this letter and contains a number of elements.

- Children enter school by their allocated external door. See below for notes about how this works in practice.
 - Reception children are collected from the playground by their class staff.
 - Years 1 and 2 enter via the side back door and there will always at least two TAs present. We will ensure for the next couple of weeks that there is a TA available from each of the three classes until the children get used to the routine and the staff they are working with.
 - Years 3 and 4 enter via the Hough Lane door and there will be a TA from each year group there.
 - Years 5 and 6 enter via the main back door and there are staff present to communicate with if a message needs to be passed to class staff.
 - There are Senior Leaders present at all doors so that parents/carers can speak to us and we can pass messages to class staff too.
 - Please note that staff could be supporting other children/speaking to parents or carers so, if you would like to speak to someone or your child needs support coming into school, please be patient and staff will come support when they can.
 - We are in the process of creating e-mail addresses for different classes/year groups so that there can be direct communication with class teachers. These will be shared in due course.



- Each child is met at the door by their class teacher and a 'meet and greet' takes place. The morning routine then takes place and allows a softer start to the day and the children to be more ready for the lessons when they start. During the last academic year we found this supported our pupils well and helped many of them be more successful through the rest of the school day.

The One Life programme, for the PSHE lessons, moves through a set theme for each half term. The theme this half term is 'self awareness' and all year groups will explore:

- Self identity and self awareness
- Families
- Caring friendships
- Healthy eating

There is more information shared on the last page of this letter as to the main messages taught within the lessons. Each year group look at the topics in an age appropriate way.

If you have any questions regarding children coming into school, the morning routine or the content of the One Life lessons, please speak to your child's class teacher in the first instance.

Yours sincerely,

Mrs Ruth Esplin
Headteacher



ONE LIFE

PHYSICAL FITNESS | SOCIAL FITNESS | MENTAL FITNESS

THE ONE LIFE MORNING ROUTINE: CARE AND CONNECTION

PART 1 - BUILDING CONNECTION

1. Meet & Greet: Connection



WHY: Safe touch and eye contact release oxytocin to build trust and relational currency.

2. Soft Start: Movement



WHY: Yoga or mindful movement lowers cortisol and adrenaline to release stress-based energy.

3. Talk it Out: Belonging



WHY: A two-minute peer-to-peer exchange fosters a sense of family and class teamwork.



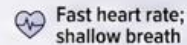
STRESS
(SYMPATHETIC)
MODE



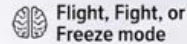
RELAXATION
(PARASYMPATHETIC)
MODE



STRESS
(SYMPATHETIC)
MODE



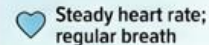
Fast heart rate;
shallow breath



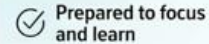
Flight, Fight, or
Freeze mode



RELAXATION
(PARASYMPATHETIC)
MODE



Steady heart rate;
regular breath



Prepared to focus
and learn

PART 2 - FINDING FOCUS

4. Journaling: Mental Space



WHY: "Thought Splatting" creates distance from emotions, teaching children that thoughts are not facts.



5. Mindful Minute: Breathing



WHY: Deep breathing shifts the nervous system from "Stress Mode" to "Learn Mode."



6. Affirmations & Wise Words

WHY: Positive "I am..." chants and reflections set intentions for growth and resilient actions.

I AM CAPABLE
I AM KIND
I AM GROWING



ONE LIFE OVERVIEW FOR PARENTS HTI

Developing Child's Long-Term Fitness: Mental, Social, Physical, Driven by Self-Awareness.



MENTAL FITNESS & SELF-WORTH

Knowing your own worth and strengths is the key to long-term mental happiness.



THE STRENGTH OF SELF-AWARENESS

A Habit of the Mind: Observing how your mind shapes your actions and values.



Watching Your Thoughts: Children learn to 'watch' thoughts, not believe them all, identifying their inner cheerleader.



The Power of Choice: Self-awareness helps children make better decisions and self-correct when their behavior drifts from their values.



SOCIAL FITNESS & CONNECTION

Children learn that while families and friendships differ, they all share characteristics of love and care.

Understanding diverse families and friendships.

Self-Awareness Practice

- Higher self-acceptance, confidence, and proactivity.

Social Interaction

- Reduced stress and better communication.

Workplace/Future Prep

- Greater appreciation of diversity and job satisfaction.



PHYSICAL FITNESS & NUTRITION

Research shows that nutrition directly impacts mental and emotional well-being, not just physical health.