

Dobwalls CP School

Emotional Health & Wellbeing Criterion 5

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Healthy School Validation 2004

School Details and Context

N.O.R. 200. Large village divided by busy A8, 4 miles west of Liskeard. Very mixed catchments area. Significant number of pupils from neighbouring areas.

How was the need identified?

Many children have unsettled home backgrounds, resulting in them needed support to manage and control their emotions.

In consultation with the staff, it was agreed to try yoga. The staff planned to join in as well in order to model appropriate behaviour to the children and to interact with them in more relaxed circumstances!

Chosen Criteria

Emotional Health & Wellbeing

Steps taken to meet the criteria

See attached Healthy Schools Action Plan

Who was involved in the process?

Healthy Schools Steering Group, whole school staff, KS2 children, school council, wheel of Yoga instructor.

Outcomes/impact on pupils and the wider community

- Children experienced ways of relaxing, controlling body and mind.
- Meditation aspect of yoga showed the children another way to respond to strong emotions.
- Enhanced the staff/pupil relationship, particularly when they were more supple than the adults!