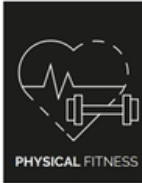


One Life Newsletter

Spring 1 2026



Welcome to the second addition of the *One Life* newsletter. This provides an overview of what your child has been learning during the Spring term and guides you to reinforce this learning at home.

Focus Three: Bouncing Back



This half term, the children have been learning to 'bounce back' from challenges to build resilience and applying practical fitness skills at home.

Mental & Social Fitness: Navigating Ups and Downs

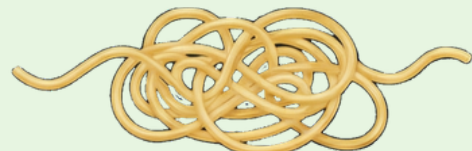


The Power of Mental Flexibility

We use the "spaghetti metaphor" (raw vs cooked) to teach the children to be adaptable.



Raw: stressed



Cooked: flexible and adaptable

Effective Conflict with 'ADAPT' Resolution

Tool	What it stands for:
ADAPT	Acknowledge feelings, Define the problem, Accept compromise, Practice empathy, Thank each other.

Moral Compass



Being an 'Upstander'

The children learn to move from bystanders to upstander to stop bullying and cyberbullying.

Physical Fitness: Building a Strong Foundation



Bouncing Back Physically

Physical health acts as a buffer, helping the mind and body recover from stress.

Practise 'SELF-CARE' Daily

Tool	Maintain Wellness Habits
SELF-CARE	Simple things, Eat well, Live present, Feelings, Control, Accept, Rest, Exercise.

Set Screen Time Boundaries

Managing online habitats and "trolling" is vital for long-term mental wellbeing.

Bounce Back Songs

Scan the QR codes below to access learning resources that further support your child's learning journey and wellbeing at home.

Back Back Song



Cyberbullying Song



Thank you for your continued support with the *One Life* programme.

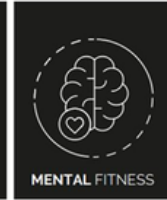
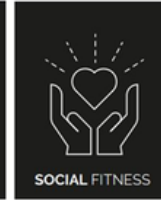
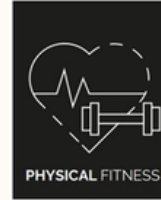
For more details about One Life and our Personal Development offer, please visit our school website - <https://leebrigginfants.org/personal-development/>

Miss Marchant (PSHE Lead)



One Life Newsletter

SPRING 2 2026



The children have been building on their *One Life* learning to support them to live their one life well.

Focus Four: Compassion



This half term, we gave focused on two critical pillars:

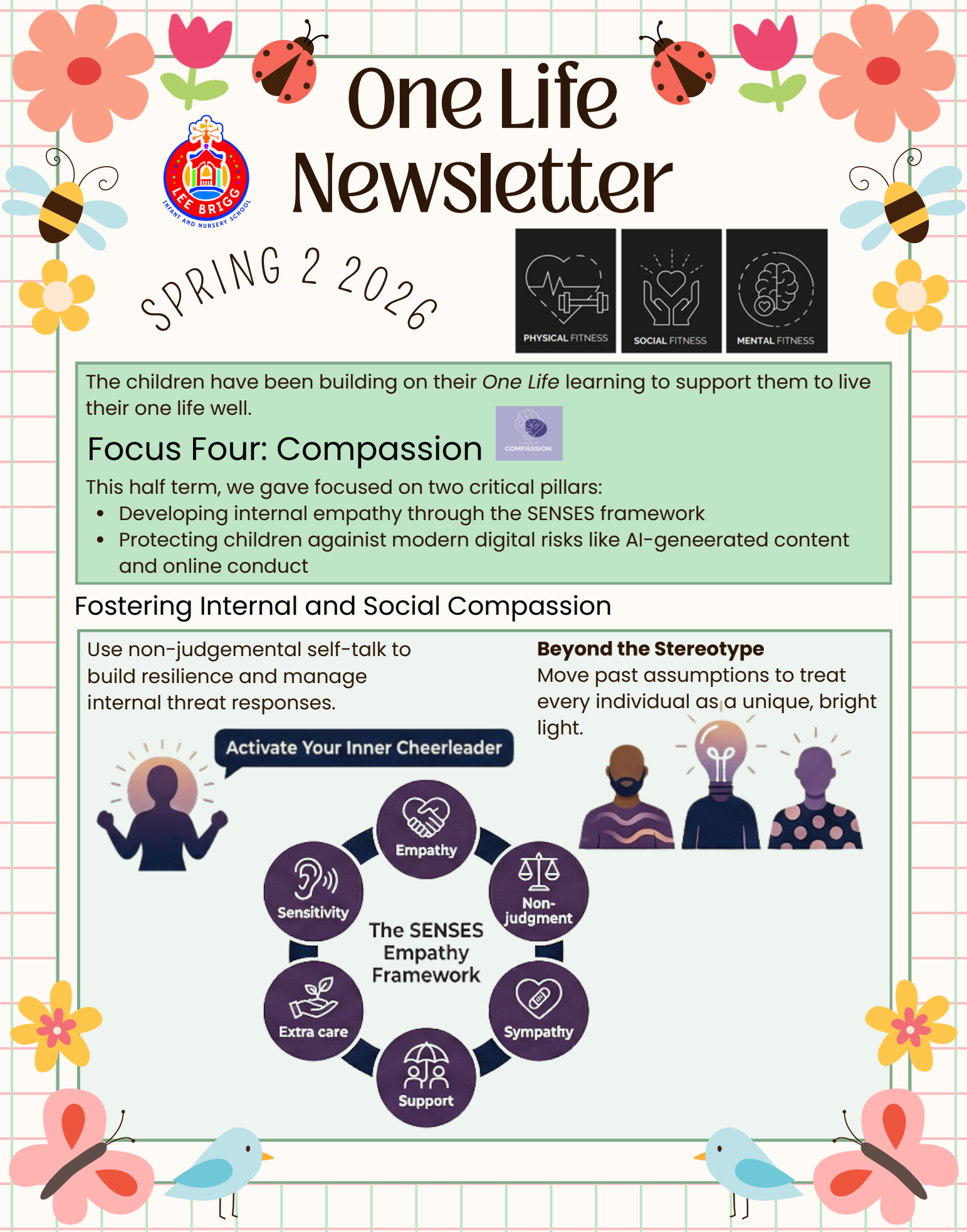
- Developing internal empathy through the SENSES framework
- Protecting children against modern digital risks like AI-generated content and online conduct

Fostering Internal and Social Compassion

Use non-judgemental self-talk to build resilience and manage internal threat responses.

Beyond the Stereotype

Move past assumptions to treat every individual as a unique, bright light.



Navigating The Digital Landscape



Monitor content for:

- Harmful material
- Unknown USERS
- Cyberbullying
- Image sharing

Emerging AI and Deepfake Risks

Stay vigilant against AI-generated abuse material and sophisticated, motivated digital scams.



Critical Evaluation Skills

Remind children to evaluate sources and avoid algorithmic "rabbit holes" that amplify harm.



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