
THE TYTHERINGTON PARTNERSHIP

Emotionally Healthy Schools Project



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The partnership of schools (Bollington Cross, Bollington St Johns, Dean Valley, Hurdsfield, Kettleshulme, Marlborough, Puss Bank, Rainow, Bollinbrook and Tytherington School) have been working over the last year to develop the awareness of emotional health and support for children in school. As part of the project, a group of Ambassadors have met to create and plan a series of awareness events and resources for schools to use.

Over the course of the next year, the aim will be to train a team of Ambassadors from each school so they can identify and support peers in school with emotional health.

Thank you to all the Ambassadors who worked really hard over the year to create and plan the awareness day and resources.



What is the Crest Award?

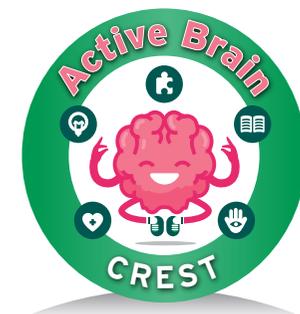
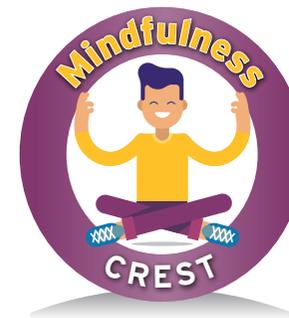
In order to complete the Tytherington Partnership 'Emotionally Healthy Crest Award' your class/school needs to complete a series of challenges, which make up the five Crests.

The challenges help you to focus on finding out more about emotional health and what you can do to stay emotionally healthy.



What are the 5 Crests?

The Crests focus on the five key ways you can keep emotionally healthy:



How can we achieve the Crests?

In order to achieve a Crest, you need to complete a minimum of three of the challenges in that Crest as either a class or as a whole school. You can even design your own challenge!

You will need to take photographic or video evidence of each completed challenge to prove that you took part and to qualify for the Crest.

How do we apply for the Crests?

In order to receive each individual Crest you must complete the Crest application form online at:

www.tytheringtonschool.co.uk/tehspartnership

You will need to send in your evidence with the form to receive the Crest.

Or copy and scan the application form in this booklet and send it, along with your evidence, via email to:

tehspartnership@tytheringtonschool.co.uk

Your challenges will be checked and your Crest will be sent out in the post.

How can we achieve the Tytherington Partnership Emotionally Healthy Crest Award?

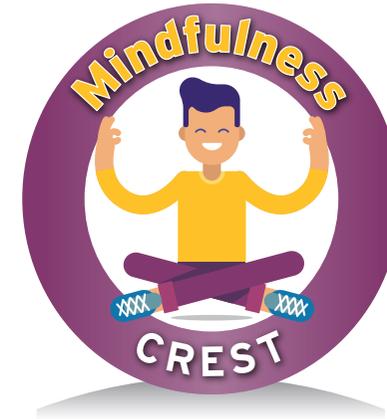
Once you have completed all 5 individual Crests, please complete the Crest Award application form online at:

www.tytheringtonschool.co.uk/tehspartnership

Or copy and scan the application form in this booklet and email it to:

tehspartnership@tytheringtonschool.co.uk

This will be checked by the 'Tytherington Emotionally Healthy Schools' admin group and your Crest Award will be sent out in the post.



Mindfulness Crest

In order to achieve the Mindfulness Crest you need to complete a minimum of 3 of the challenges below as either a class or as a whole school. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

- Complete 10 minutes Mindfulness colouring every day for one week.
- Create your own sensory bottles/jam-jars.
- Create and make your own stress ball.
- Try Yoga/Mindfulness.
- Create a new relaxing area in your classroom/school.
- Complete 4 Mindfulness lesson activities.
- Design & create your own challenge:

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Healthy Eating Crest

In order to achieve the Healthy Eating Crest you need to complete a minimum of 3 of the challenges below as either a class or as a whole school. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

- Work out the sugar content of your morning snack using the 'Change4life' app:
<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>
What is the total sugar content for your class? As a class can you reduce your sugar intake over a week?
 - Complete the 'working off calories' worksheet.
 - Complete the smoothie making challenge.
 - Complete the healthy eating taste test.
 - Complete the healthy eating card sort.
 - Design & make a 'Healthy balanced meal plate'.
 - Donate food to a local foodbank so other children can eat well.
 - Design & create your own challenge:
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Keeping Fit Crest

In order to achieve the Keeping Fit Crest you need to complete a minimum of 3 of the challenges below as either a class or as a whole school. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

- As a class design & take part in a 'Funny Sports Challenge'.
(Laughing is proven to make you feel better!)
 - As a class take part in a 'Compliment Relay'
Write a compliment on a post-it note and stand in a line and pass the compliment on to the person at the end of the line that you have written the compliment about.
 - As a school, run the distance from Macclesfield to London (174 miles) over one month?
 - As a class, try a new sport/physical activity.
 - As a class, create a new keep fit video and challenge another partnership school to complete it.
 - As a class can you complete 100,000 steps in a week.
 - Design & create your own challenge:
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Creativity Crest

In order to achieve the Creativity Crest you need to complete a minimum of 3 of the challenges below as either a class or as a whole school. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

Create an 'Emotional Health Rainbow'

What does good and bad emotional health look like? Complete a rainbow with images/text to show what good and bad emotional health looks like.

Water balloon art

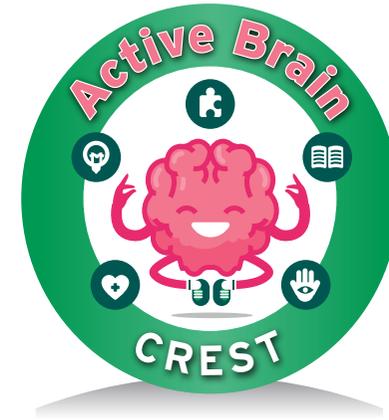
Create emotional art using filled water balloons. Fill balloons with paint & throw them to create different mood art.

Mindfulness Colouring

Can you design a new mindful colouring page? The best 20 designs will be put into a Partnership Mindfulness Book.

Design & create your own challenge:

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Active Brain Crest

In order to achieve the Active Brain Crest you need to complete a minimum of 3 of the challenges below as either a class or as a whole school. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

Silent Birthday Line-up.

Hula-Hoop pass.

Marshmallow & Toothpick Challenge.

Playing card mix up.

Building challenge.

Design & create your own challenge:

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Crest Application Form

When you have completed a Crest, complete the Crest application form on our website at: www.tytheringtonschool.co.uk/tehspartnership

Alternatively, you can photocopy and complete this application form and email it to: tehspartnership@tytheringtonschool.co.uk

Don't forget to include photographic* or video evidence of each completed challenge.

Name of school:

Class/Year:

Teacher:

Please indicate which Crest you have completed:

- Mindfulness Crest
- Healthy Eating Crest
- Keeping Fit Crest
- Creativity Crest
- Active Brain Crest

Which challenges were completed:

1

2

3

*Please note that images may be used as part of the Partnership Project.

Crest Award Application Form

When you have completed all five Crests, complete the Crest Award application form on our website at:

www.tytheringtonschool.co.uk/tehspartnership

Alternatively, you can photocopy and complete this application form and email it to: tehspartnership@tytheringtonschool.co.uk

Name of school:

Class/Year:

Teacher:

Headteacher Signature:





PROJECT LEAD: **Liz Healey**
ehaley@tytheringtonschool.co.uk

