



Whitstable & Seasalter Endowed Church of England (Aided) Junior School

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26th April 2019

Dear Families of The Endowed,

HeartSmart – PSHE/SMSC Scheme

HeartSmart is a creative new approach that we are using to build character, emotional health and resilience in children; equipping children with foundational principles and skills that will improve their mental health and relationships. At the Endowed we want everyone to know that they are **loved, cared for and valued**. We recognise the value of educating the heart alongside educating the mind. We are using HeartSmart to do just that!

BORIS the Robot visited our school on Friday, 26th April. Made from bits and bobs of recycled rubbish, he plays an important role in HeartSmart. In school, we are going to be following his story of learning not to listen to the Scrapman's voice (who says that he belongs on the scrapheap) and learning to be smart with our hearts instead.

Competition Time: Can you build a robot like Boris. It will become our school's HeartSmart robot and a school emblem. Your robot should be made from recycled materials and be no more than 1m tall. Be creative entries will close on Friday 3rd May. House points *will be awarded for all entries*.

HeartSmart Information:

Please see attached flyer but note that they have a new website address:

<https://www.heartsmart.school/>

Please login using the information below for each module we will be working on:

Module	Name		Password
1	Get Heartsmart	https://heartsmartprimary.com/getHS/	HS-Cr3at!v
2	Don't Forget to Let Love in!	https://heartsmartprimary.com/letlovein/	HS-Cr3at!v
3	Too Much Selfie isn't Healthy!	https://heartsmartprimary.com/tmsihealthy/	HS-Cr3at!v
4	Don't Rub it in, Rub it Out!	https://heartsmartprimary.com/rubitout/	HS-Cr3at!v
5	Fake is a Mistake!	https://heartsmartprimary.com/fiamistake/	HS-Cr3at!v
6	'No Way Through' isn't True!	https://heartsmartprimary.com/nwtitrue/	HS-Cr3at!v

Yours sincerely,

Ellen Butcher
Headteacher

Encl.






OVER THE
COMING WEEKS
YOU MAY BE HEARING
A LOT ABOUT
HEARTSMART....
BUT WHAT IS IT?

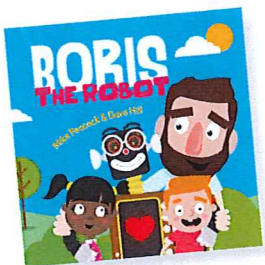
HeartSmart is a creative new approach that many primary schools use to build character, emotional health and resilience in children. It equips them with foundational principles and skills that will improve their mental health, relationships and academic achievement.

As a school we recognise the value of educating the heart alongside educating the mind and HeartSmart is a great tool to do just that.

There are some fun phrases that are part of the program and I'm sure you'll start hearing them in your home as well. They're called the HeartSmart High Five and here's a brief overview:

The HeartSmart High Five

 <p>Don't Forget to Let Love in!</p> <p>Learning how important, valued and loved we are.</p>	 <p>Too Much Selfie isn't Healthy!</p> <p>Exploring the importance of others and how to love them well.</p>	 <p>Don't Rub it In, Rub it Out!</p> <p>Understanding how to process negative emotion and choose forgiveness to restore relationships.</p>	 <p>Fake is a Mistake!</p> <p>Unpacking how to bravely communicate truth and be proud of who we are.</p>	 <p>'No Way Through,' isn't True!</p> <p>Knowing there is a way through every situation, no matter how impossible it may seem.</p>
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You may also hear about **BORIS** the Robot. He's made from bits and bobs of recycled rubbish and plays an important role in HeartSmart. We follow his story of learning not to listen to the Scrapman's voice (who says that he belongs on the scrapheap). There's a book that we read and reference (depending on year group) and if you wanted you could get a copy for your home.

To find out more, please visit: www.BORIStheRobot.com

From time to time we may invite you to do a few creative activities with your children. Science shows that the best way to get information from your head to your heart is to use your hands! So we have created some fun and handy HeartSmart challenges for you to complete at home with your children. We call this HeartSmart Creative and you'll receive a link to several films that explain the principle and how to do the activities... you never know you might even learn something!



We hope your child enjoys their HeartSmart journey and invite you to come on it with us too.

If you want to learn more about the HeartSmart approach you can follow us on #HeartSmartSchool