

## Religious Observance/Time for Reflection Template

<b>Date/Rationale</b>	26th August, 2015 Within the school community, the new term began with highlighting the school's 'FFF' ('Fit For the Future') group which combines foci on Health & Wellbeing and Eco issues. This RO/TfR event intends to explore this theme and enable and understanding of the need for a healthy mind/character/spirit as well as a healthy body.
<b>Title</b>	A healthy body and a healthy mind
<b>Stage</b>	Whole School (P1-7)
<b>Aim</b>	This event promotes the spiritual development of all members of the school community through emphasising that healthy bodies have individual benefit but healthy attitudes towards one another build community.
<b>Objectives</b>	(1) <i>Sensing a changed quality in awareness</i> : the feeling of being 'at one' with nature, oneself and others <i>Sensing 'otherness'</i> : the sentiment that humans are more than their physical elements (2) At the end of this event pupils will be able to understand a healthy school needs good, healthy relationships as well as physically fit children.
<b>Links with CfE</b>	(1) <b>CfE Capacities</b> <b>Confident Individuals with:</b> a sense of physical, mental and emotional well-being <i>and able to:</i> relate to others and manage themselves; pursue a healthy and active lifestyle; and able to be self-aware. <b>Responsible Citizens with:</b> respect for others  (2) <b>CfE Values</b> Wisdom  (3) <b>Health and Wellbeing Responsibilities</b> This event helps pupils develop their "self-awareness, self-worth and respect for others" and understand and develop their "physical, mental and spiritual wellbeing and social skills" and understand "how what I eat, how active I am and how decisions I make about my behaviour and relationships affect my physical and mental wellbeing"  (4) <b>Health and Wellbeing: Mental &amp; Emotional Wellbeing</b> I am aware of and able to express my feelings and am developing the ability to talk about them. <b>HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a</b> I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. <b>HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a</b> I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. <b>HWB 0-05a / HWB 1-05a / HWB 2-05a / HWB 3-05a / HWB 4-05a</b> I understand the importance of mental wellbeing and that this can be

	<p>fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</p> <p><b>(5) Health and Wellbeing: The SHANARRI indicators</b>  This RO event contributes to pupils being:</p> <ul style="list-style-type: none"> <li>• Healthy: having the highest attainable standards of physical and mental health</li> <li>• Active: having opportunities to take part in activities such as play, recreation and sport, which contribute to healthy growth and development, both at home and in the community</li> </ul>
<b>Is this part of a series?</b>	Part of a focus on Health & Wellbeing being about more than fresh fruit and veg. and physical exercise
<b>Introduction</b>	Can you remember what FFF stood for? (Fit for the Future) What is that all about? What do we need to do to be fit for the future?
<b>Stimulus/ stimuli</b>	The Chaplain has a metre wheel (used by surveyors to give quick estimated measurements of large areas) and a pedometer. The gym hall (assembly area) has been paced out to know how many metres across/long it is, how many steps it would take to cover those distances, how many calories of energy are burned up.
<b>Guided Reflection</b>	Reflect that being "fit for the future" depends on more than individual physical fitness: it also depends on how we feel about ourselves and what relationships we have. Do we do things that build each other up or tear each other down? Do we use words to encourage or ridicule one another? This will be linked to Ephesians 4:29,31-32 (the 'God's Word' translation is especially apt). With the idea of putting off bad 'unhealthy' ways of speaking to one another and putting on good/ 'healthy' ways of speaking.
<b>Response &amp; Possible Next Steps</b>	<p>(1) Room 16 have a prepared prayer to read out</p> <p>(2) Further assembly explorations of 'fitness'/ 'health' being about more than what we eat and as much about what we are</p> <p>(3) Ensure that this template is completed and stored as evidence for HMIe inspection if required.</p>
<b>Evaluation (a)</b>	
<b>Evaluation (b)</b>	
<b>Evaluation (c)</b>	