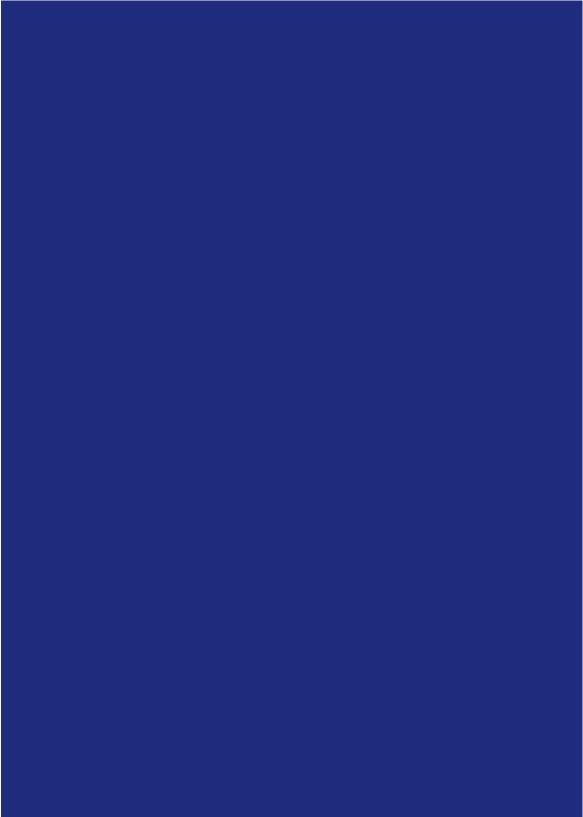
THE LONGMAN'S LIST...



of 60 amazing experiences





statutory National Curriculum. At Longman's Hill, we plan a curriculum which aims to develop the 'whole child'; we recognise that whilst academic achievement is important, it is not the only measure of success. We also place importance on creating a collection of memorable learning experiences which can broaden horizons, both within the classroom and in the wider environment.

Therefore, we have created "The Longman's List" which contains 60 amazing experiences offered to your child during their time at our school. The activities have been sorted into 6 main categories; the first four are our school values of Ambition, Respect, Courage and Creativity. The final two categories are Wild Card and Life Skills.

We do a great deal of work to support and promote positive mental health at Longman's Hill. Therefore, we have also made appropriate links to the "Five Ways to Wellbeing". These offer a simple way to have a healthy mind through five easy steps, shown in the key opposite.

The activities which link to the Five Ways to Wellbeing are indicated by a coloured border. We have also incorporated some of the activities recommended by The National Trust. These are marked with the national trust logo:

As children complete activities, they will be marked off by a member of school staff. Children also have the opportunity to capture memories within the book. This book will stay with your child throughout their seven years at our school.

We hope that your child thoroughly enjoys their time at Longman's Hill.

K	ey:	
V	Connect	Engaging with different people promotes a Feeling of belonging and being less isolated.
	Be Active	Physical exercise promotes a general feeling of wellbeing
	Take Notice	Being aware of what is taking place in the present directly enhances well-being
	Give	Giving your own time to help others generates positive feelings
	Learn	Caption ad la archina Haranda li Ca aplanaga
	Learn	Continued learning through life enhances self-esteem and encourages social interaction and a more active life
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		self-esteem and encourages social interaction and a more active life Name:

