



WELLBEING CURRICULUM

Millfield Prep School is launching a new Wellbeing Curriculum from September 2021, aimed at helping to educate pupils about their mental health and wellbeing.

Yoga, Soul Food, Movement to Music, Self-Care, Alfresco Pursuits and Meditation are all part of the new timetable of classes for pupils in Years 7 and 8. The classes, 40 minutes per week, will focus on helping the children to look after their own wellbeing and developing pupils' awareness of mental health.

Headmistress Shirley Shayler says, "Millfield Prep has a holistic approach to education, and I firmly believe that if we can remove children's barriers to learning, they are more likely to achieve their potential. Mental health is one of these barriers and is something that some children may not even be aware of."

The new curriculum will proactively teach our pupils both how to identify symptoms of poor wellbeing within themselves or their friends, and to empower them by providing them with the skills to improve their wellbeing.



**MILLFIELD
PREP SCHOOL**

DISCOVER BRILLIANCE



The new Wellbeing Curriculum endeavours to create a safe environment for pupils to express themselves through a range of interactive activities whilst removing the stigma surrounding mental health. The new initiative will include:

Alfresco Pursuits - exposure to nature, improving resistance to stress and depression, increasing self-esteem, stimulating cognitive development and creativity.

Fundamental Movement and Peak Velocity - gaining an understanding of how the development of gross motor skills form, assisting with the progression of more complex movements.

Meditation - releasing thoughts, pressures and nurturing mind development.

Mental Skills - enabling pupils to regulate thoughts, feelings and actions.

Yoga - alternative exercise focusing on strength, flexibility and breathing to boost physical and mental wellbeing.

Mindfulness Walk & Talk - experiencing natural movement to cultivate mindfulness and a wakeful presence.

Movement to Music - learning how music can stimulate the body's natural feel good endorphins, providing an outlet to control feelings.

Self-Care - learning to manage own health, actively preserving or improving mental or physical health.

Soul Food - identifying the importance of core nutrients to keep the brain and body healthy.



MILLFIELD
PREP SCHOOL

DISCOVER BRILLIANCE