

What a G.R.E.A.T school Sacred Heart is!

In 2014, Sacred Heart achieved gold standard for the NHS good mental health and well being programme through our 'G.R.E.A.T.' projects.

As part of our ongoing school improvement in 2015-16, we want to continue to be G.R.E.A.T.

- in the community
- by challenging attitudes

Projects will include:

G - 'give something back' to the community

R - relating better to each other and 'strengths of character'

E - equality initiatives [the NHS programme motto is 'Accept me as I am']

A - 'ask us' pupil voice activities and opportunities for parents to get involved

T - 'time to think'; we are building a peace garden

There are tremendous pressures on young people; at an even earlier age! Every day there will be situations to test **strengths of character**.

Strengths of action: enthusiasm, persistence, resilience, courage, honesty

Strengths of self control: forgiveness, prudence, patience, modesty

Strengths of community: fairness, teamwork, leadership

Strengths of the head: open mindedness, creativity, curiosity, wisdom, love of learning

Strengths of meaning: hope, gratitude, humour, spirituality, love of beauty

As a Catholic school, we also pray that our young people will take something from faith with them on their journey. When sometimes the world around us seems to pressurising us to believe that we have a right to be at the 'front of the queue', we remember that Jesus came '**not to be served but to serve**'.

