

Our School Vision, Christian Distinctiveness and Effectiveness

What is our story and how do we tell it?





Learning together to be the best that we can be by being empowered to live a 'life well lived, in all its fullness'

Our vision is deeply Christian:

'I am come that they might have life, and that they might have it more abundantly' John 10:10



Life in all its fullness: living a varied and full life – full of learning, growing, helping, joy, reward, excitement and caring for each other
It's not always easy to live life in this way and so we help each other and look to God to support and guide us along our path



Further sources of inspiration:

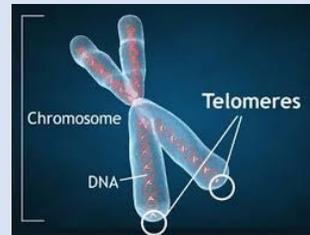
Life Well Lived

A life well lived is a precious gift,
Of hope and strength and grace,
From someone who has
Made our world
A brighter, better place.

It's filled with moments, sweet and sad
With smiles and sometimes tears,
With friendships formed
And good times shared
And laughter through the years.

A life well lived is a legacy,
Of joy and pride and pleasure,
A living, lasting memory
Our grateful hearts will treasure.

Author Unknown



Longer telomeres = longer lives

The Dash Poem
by Linda Ellis

I read of a man who stood to speak at a funeral of a friend.
He referred to the dates on the tombstone from the beginning to the end.

He noted that first came the date of birth
and spoke of the following date with tears,
but said what mattered most of all was the dash between those years.

For that dash represents all the time they spent alive on earth
and now only those who loved them know what that little line is worth.

For it matters not, how much we own, the cars... the house... the cash.
What matters is how we lived and loved and how we spend our dash.



alvinbarcelona.com

Our school's distinctiveness rooted in our Christian beliefs:

Powerstock's unique holistic approach to learning and living a 'life well lived, in all its fullness' means we focus on the **whole child**



Inspiration: The Dash by Linda Ellis

I read of a man who stood to speak
At the funeral of a friend
He referred to the dates on the tombstone
From the beginning...to the end

He noted that first came the date of birth
And spoke the following date with tears,
But he said what mattered most of all
Was the dash between those years

For that dash represents all the time
That they spent alive on earth.
And now only those who loved them
Know what that little line is worth

For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.

So, think about this long and hard.
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.

If we could just slow down enough
To consider what's true and real
And always try to understand
The way other people feel.

And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.

If we treat each other with respect
And more often wear a smile,
Remembering this special dash
Might only last a little while

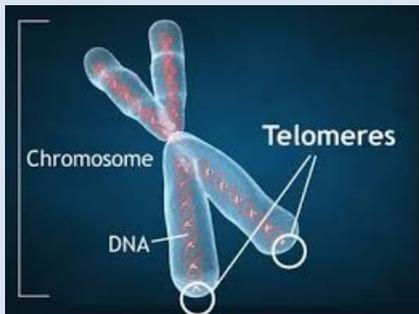
So, when your eulogy is being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent YOUR dash?

Inspiration: Life Well Lived

A life well lived is a precious gift
Of hope and strength and grace,
From someone who has made our world
A brighter, better place
It's filled with moments, sweet and sad
With smiles and sometimes tears,
With friendships formed and good times shared
And laughter through the years.
A life well lived is a legacy
Of joy and pride and pleasure,
A living, lasting memory
Our grateful hearts will treasure

Author Unknown

We need to help children lengthen their Telomeres and reduce Mitochondrial damage

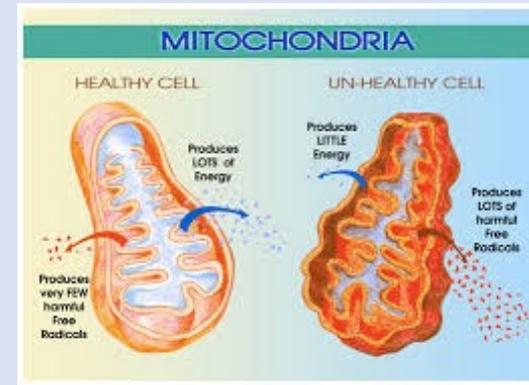


Fear & chronic stress speed up the shortening of telomeres - when they shorten too much, the cell dies

If children go into teens / twenties with short telomeres, they will have a shortened life



Lengthen telomeres in primary school children



Not moving leads to damage from free radicals released by mitochondria in human cells

Causes premature ageing and disease



Spend less time sitting still: movement is life!

Need to create happy, stress free, healthy and active childhoods, especially by going outdoors and being closer to nature

Children spend **2500 hours** of their lives in their school grounds over their school career. A holistic approach to learning ensures the **Whole Child** is developed through a broad curriculum of classroom based learning, forest school, PE and natural outside space

Step out of the ordinary:
be curious
and grow

Positively
influencing their
health, habits
and happiness
to live a life well
lived

Proud to be
Active
encourages ALL
children to
develop physical
and mental
wellbeing

To be the
best that we
can be

Children
develop
sense of
identity

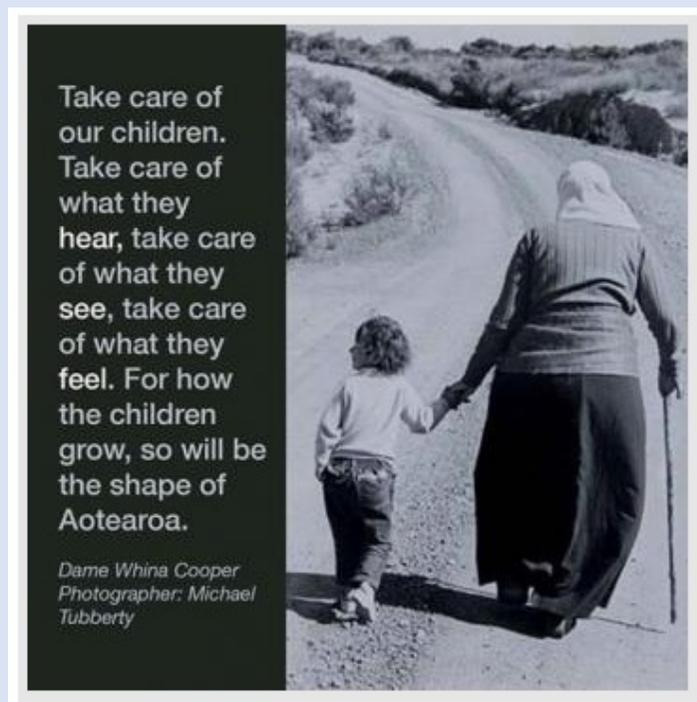
Nature
builds
resilience to
life stress



Our holistic approach to learning has multiple components to develop the **whole child**



It is our responsibility at Powerstock School to protect, nurture and empower the children to live a life well lived, in all its fullness



Respect

Friendship

Compassion

Generosity

Truthfulness

Perseverance

The power of the dash: learning to live by our ethos of a 'life well lived, in all its fullness' at Powerstock School



Learning how to live a life well lived, in all its fullness starts with a visit to Powerstock churchyard



The children take time to read the gravestones and reflect on the stories they tell



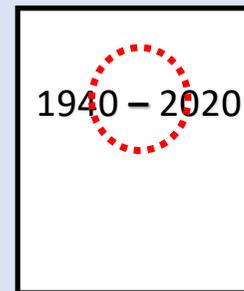
Back in class, the children learn about the importance of all 3 elements: date of birth, date of death, but most importantly, the dash



The children learn about the power of the dash, and how to live our Christian values to give power and meaning to their dash



The dash represents all the time a person spends on Earth – what matters is how we live & love and how we spend our dash



The children explore how we are thankful to God for bringing new life; how we ask God to support people as they pass into eternal life; and then the focus is on the dash

Our school ethos: Stepping out of the ordinary – empowering you to live a life well lived, in all its fullness



Respect

Friendship

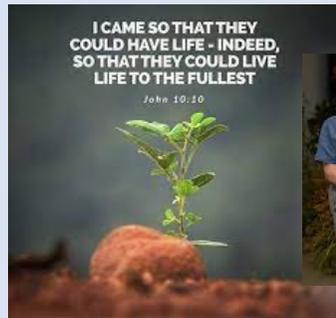
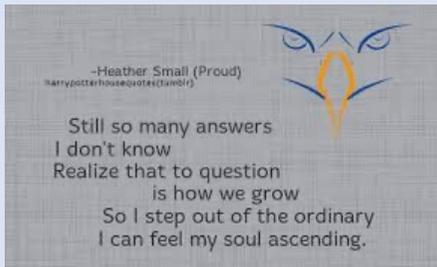
Compassion

Generosity

Truthfulness

Perseverance

Bringing this to life in school means telling powerful stories; using stimulating materials; teaching holistically - all delivered by inspirational people

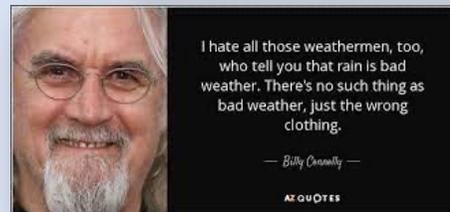


Matthew 19:14

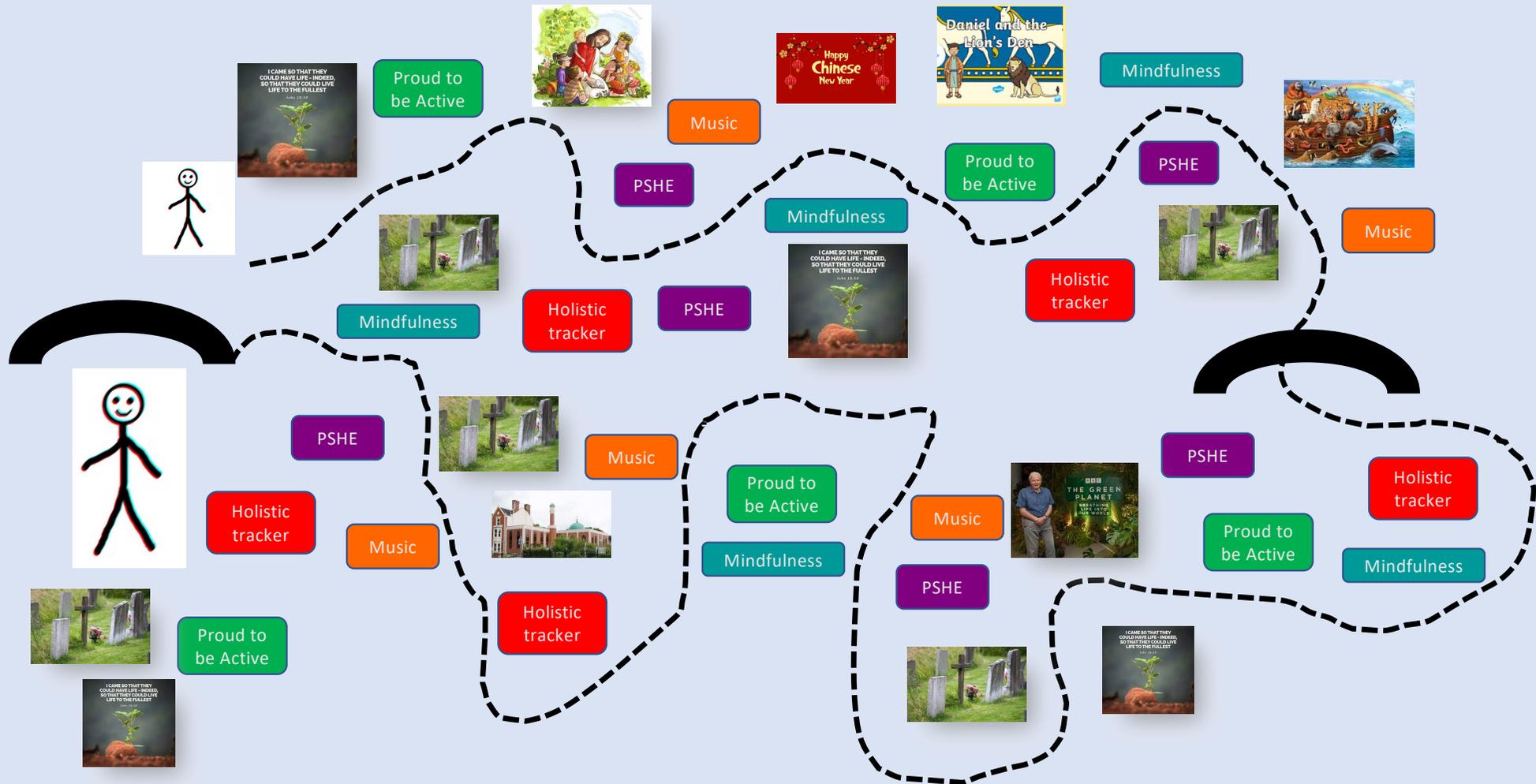


To achieve you must believe
You can live out all your dreams
Persevere you'll make it through
What you need is all in you

When you believe you will achieve
You can live out all your dreams
It's about time you knew the truth
You've got the **power** all in you



A Powerstock pupil's path to discover the power of their dash



Broad, balanced, inspiring curriculum
 Respect Friendship Compassion Generosity Truthfulness Perseverance

Vision: Learning together to be the best that we can be
Ethos: Stepping out of the ordinary – empowering you to live a life well lived



'I am come that they might have life,
and that they might have it more
abundantly' John 10:10

We focus on the
whole child
academically,
spiritually,
physically &
psychologically

Our children will
understand our
community & the
role they want to
play

Our children will
understand & have
confidence in their
relationship with
God and Jesus

Broad, balanced, inspiring curriculum

Respect

Friendship

Compassion

Generosity

Truthfulness

Perseverance

Our focus on the **whole child** means they are at the core of everything we do and are empowered to live a life well lived, in all its fullness by **being the best that they can be**

