



School News from Copley Junior School



Mini Life Coaches at Copley Junior

At Copley Junior School, the emotional health and well-being of each and every one of our children is a top priority as well as their daily quest for knowledge and understanding across all of their academic subjects. With this in mind, we introduced our Copley 'Mini Life Coaches' peer support programme which has been running very successfully this year.

To be elected as a Mini Life Coach the children were invited to write a letter of application to the Head teacher and then were invited to an interview. Once selected, the children attended a six week training course at lunchtimes where they learned how to be an effective mentor for other children.



Mini Life Coach team 2018-2019, pictured with Mrs Gray our stakeholder links governor

From September, the Mini Life Coaches have worked in small leadership teams to plan and deliver lunchtime workshops for children to support relaxation, team work and social skills, working with children across school.

Mindfulness Colouring

The Mini Life Coach mindfulness colouring sessions allow children to listen to soothing music whilst colouring in detailed designs.





Outdoor Teamwork Fun

Mini Life Coaches boost team work skills and help children to make new friends or strengthen existing friendships at their outdoor teamwork fun sessions.



Relaxation and Yoga

Mini Life Coaches lead relaxation and yoga lunchtime sessions and hope that the soothing music, calming mantras and peaceful yoga poses will relax children's mind, body and soul.

Creative Crafts

Mini Life Coaches run a creative crafts session where children can develop their art and craft skills and socialise with each other.

Well done to our Mini Life Coaches for their fantastic work this year!

We look forward to sharing more of our school news soon.

E.A. Crayton

Head teacher

