

THE FOUR PURPOSES

ALL OUR CHILDREN AND YOUNG PEOPLE WILL BE HEALTHY, CONFIDENT INDIVIDUALS WHO:

have secure values and are establishing their spiritual and ethical beliefs

take measured decisions about lifestyle and manage risk

are building their mental and emotional well-being by developing confidence, resilience and empathy

have the confidence to participate in performance

apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives

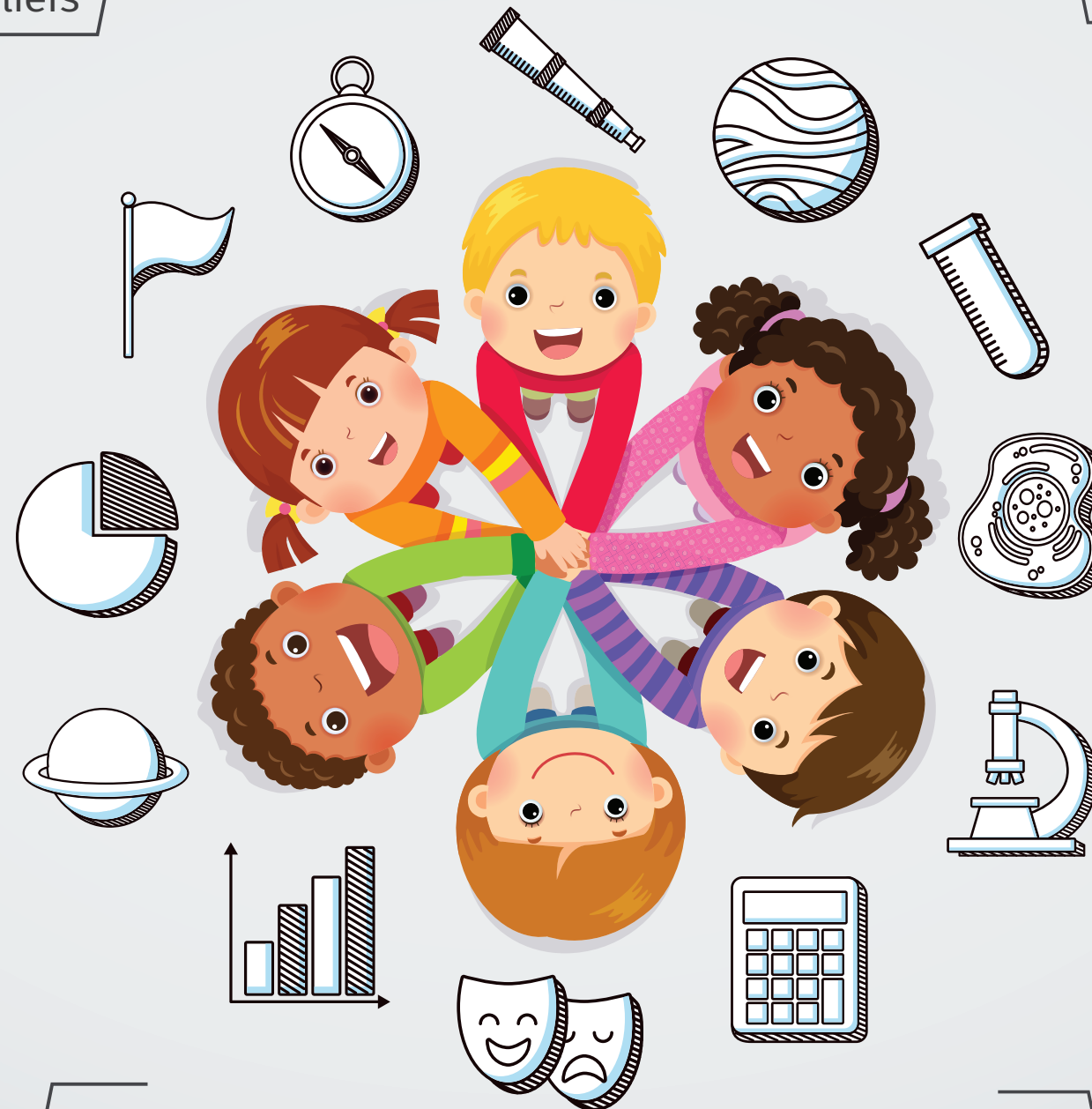
form positive relationships based upon trust and mutual respect

know how to find the information and support to keep safe and well

face and overcome challenge

take part in physical activity

have the skills and knowledge to manage everyday life as independently as they can



AND ARE READY TO LEAD FULFILLING LIVES AS VALUED MEMBERS OF SOCIETY.