

The Daily Mile, Executive Function and Growth Mindset

Jill Sandeman



This term has been very busy so far, preparing lots of exciting opportunities. On 31st January I will be co-presenting a workshop at a Head Teachers' Conference about incorporating exercise (**The Daily Mile**) into schools.

I will be promoting the psychological benefits of exercise and being active which include:

- Reduction in anxiety and stress
- Increased self esteem
- Improvement in mood
- Increased blood flow to the brain
- Increasing the size of the hippocampus which is associated with memory
- Building new brain cells

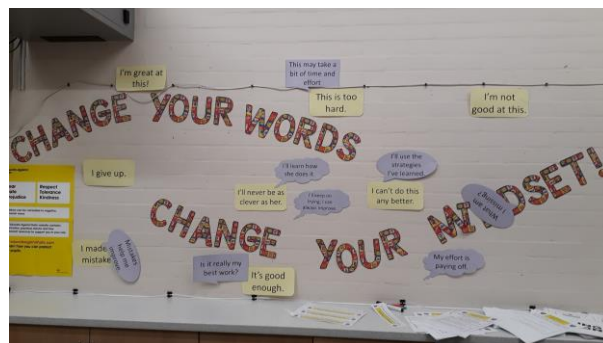


I've been doing **RED January** - raising awareness of mental health and raising money by running every day. I've been part of a team of 4 and have been inspired by them to keep going. I have definitely felt the benefits in my own mental health despite running so many miles in the dark!



I've also been planning training for my partnership of schools on **Executive Function** - this refers to three main areas: working memory, cognitive flexibility and impulse control. Children who have difficulties with Executive Functioning find it really hard to pay close attention to the task at hand, hold and manipulate information in their heads and switch between plans and ideas or adapt planning and goals when required. The training we are preparing will help teachers to understand executive function and use strategies to support the development of these skills in pupils.

Finally, I was excited to see a wall display all about **Growth Mindset** and some helpful alternative scripts in one of my schools.



If you are interested in developing work in, or want to know more about, any of these talk to your EP or send a question to psychservices@northumberland.gov.uk