



CAM WOODFIELD INFANT SCHOOL

GROW – EXPLORE – DISCOVER

Subject Story for PSHE 2024-2025



Intent

At Cam Woodfield Infant School we want our children to have opportunities to *Grow, Explore and Discover*.

We aim to embed our mindful, wellbeing based approach to PSHE whilst providing our children with the knowledge and skills they need to develop their emotional literacy and social skills, helping them to understand and manage their feelings and emotions and build resilience. We seek to support the children's self-esteem, confidence and self-awareness to help them make informed choices and decisions. We want our children to respect differences and aim to develop a positive culture around diversity and inclusion, encouraging our children to adopt caring attitudes towards others, themselves and their environment. It is important they have an understanding of who they are and how they belong to their families and community. Children are encouraged to understand how society works and begin to develop their understanding of rights and responsibilities ready for the next steps in their school journey. It is our intention to develop happy, healthy, independent learners who work towards a better future for themselves and for the world in which they live.

Implementation

Our PSHE lessons are taught weekly. We use MyHappyMind, which is a science-backed programme for school, grounded in the latest science and research about what it takes to create positive wellbeing. It teaches preventative habits that support mental health, resilience and self-esteem. At the beginning of half term we have a Monday morning whole school assembly in the hall where we introduce the new module. Then our PSHE lessons follow this introduction with lessons and activities. All year groups are taught the same module at the same time, but in a session appropriate for the year group, so the whole school are working on the same module at the same time. This ensures continuity across the school, enabling the children to develop their learning from previous years and make connections. The children are taught some specific ways of regulating their brains allowing the different parts to work together again. They learn to do 'Happy Breathing' to help calm themselves. We have encouraged all parents to download the MyHappyMind for free so that they can reinforce everything their children are learning at school whilst they are at home. Alongside MyHappyMind we also use Kapow which covers statutory areas of PSHE, which include families, relationships, health, wellbeing, safety, changing bodies, citizenship and economic wellbeing. This is a whole-school approach to promote positive behaviour, mental health, wellbeing, resilience and achievement. In Key Stage 1, some objectives are covered in both Year One and Year Two.

This means they will be 'taught' in Year One and 'recalled' in Year Two, ensuring learning takes place as it is moved from the short-term memory to the long term.

Children learn about

Health and Well being

- Healthy lifestyles (physical wellbeing)
- Mental health
- Ourselves, growing and changing
- Keeping safe
- Drugs, alcohol and tobacco

Relationships

- Families and close positive relationships
- Friendships
- Managing hurtful behaviour and bullying
- Safe relationships

Living in the wider world

- Shared responsibilities
- Media literacy & digital resilience
- Economic wellbeing: Money
- Economic wellbeing: Aspirations, work and career

School staff meet and greet in the mornings and once in school, the children are encouraged to add how they are feeling on the Colour Monster, giving an indication to staff whether a child needs an extra check in.

Our behaviour system is based on 3 rules: Safe, Respectful and Ready. We use positive reinforcement with all children to ensure that everyone feels valued. The children are encouraged to show positive learning behaviours; to be ready, and are then guided to make a choice if they are not ready to learn. If a child is still not ready to learn they have reflection time in the calming space where they watch a sensory timer and are then supported by an adult to discuss how they were feeling and helped to be ready to learn again.

We have Happiness Heroes who were chosen by their class teachers, as they will encourage their peers to look after their mental health.

Impact

We will be able to see that the children know more and remember more in PSHE, through evidence in their MyHappyMind learning journals, pupil voice and their actions around school and in the classroom.

Children are able to recall prior learning and apply it.

Children will start their next year of learning with the necessary skills and knowledge on which to build.

Our whole school inclusive ethos (staff, governors, and children) encourages acceptance of diversity and difference.

Children are equipped to keep themselves safe: physically, emotionally and whilst navigating the online world; knowing where to get help if needed.

Children use correct vocabulary to effectively communicate their feelings to others, recognising how others show their feelings.

Opportunities for happy breathing– sessions provide an opportunity for the children to practice happy breathing, to help the children feel calm so that they can ‘happy breathe’ whenever they need to.

British Values and Spiritual, Moral, Social and Cultural Learning in PSHE

British Values: We reinforce messages of tolerance and respect for others; embracing differences and accepting others. Our curriculum intent aims to respond to the diversity of children's cultures, faiths and family background. Children are encouraged to explore and discuss their thoughts and feelings, knowing their opinions will be respected.

Spiritual: Children will learn about and reflect upon important concepts, experiences and beliefs.

Moral: Children will learn to be tolerant and understanding of different people. Children will accept and embrace differences.

Social: Children will learn to discuss their views with others and show appreciation and tolerance of other views, whether they are similar or different to their own. This will support their social development for the present and the future.

Cultural: Children will learn to be open and respectful.

Pupil Voice

Reception: I made a brain and my brain is pink. Badgers were all pink brains.

Year 1: I use my happy breathing as it calms me. I can learn and not be angry when I am feeling calm.

Year 2: We have done tons of breathing, which makes us happy and helps our brains.

Learning Opportunities



Reception Creating representations of their brains, during My Happy Mind lesson 'Meet your Brain'



Y1 Created Friendships recipes, selecting qualities needed to make a great friend.



Year Two practicing, 'Happy Breathing' understanding and using this strategy can benefit their bodies and minds.

Successes in 2023-24

Colour Monster

ELSA

Life Space

Attainment

Myhappymind

Priorities for 2024-25

Provide regular opportunities for children to use relevant vocabulary and revisit previously learnt vocabulary.

To provide high quality trips, experiences and visitors into school.

For children to retain information, referred to as 'sticky knowledge' but recapping, revisiting and recalling prior learning. Making links to this sticky knowledge and building upon this, in order to move learning forward.

Ensure Kapow lessons are followed and embedded

Further develop My Happy Mind Happiness Heroes and their roles within each class