

Physical and Emotional Health Policy

At Heathbrook Primary School we create a thriving community of life-long learners within an emotionally enabling, creative environment. Our offer of rich, varied and purposeful experiences enables our children to develop the skills, knowledge and understanding to achieve their dreams and exceed expectations. Through working in partnership with pupils, parents, carers, governors and local partners, learners are engaged, their imaginations stimulated and individuality cherished.

As collaboration and teamwork lie at the heart of how we learn most effectively, all teaching staff are members of Domain Teams which cover all curriculum subjects. Physical and Emotional Health (involving Personal Social & Health Education and Physical Education) is one of six Domains.

PSHE (Personal Social and Health Education) Curriculum

The Personal Social and Health Education curriculum we offer is part of our commitment to putting the child at the centre of the learning and helps to give children the knowledge, skills and understanding they need to develop as confident, healthy and independent individuals. PSHE lessons at Heathbrook focus on the development of each individual child and support children to develop key skills of self-empowerment in order to maximise learning through our school *Be the Best you can Be!* values:

- Readiness - which looks like... being motivated & ready to learn, being curious, setting learning goals, being ready to make mistakes, believing you can achieve, self-managing own learning
- Responsibility - which looks like... showing self-awareness in learning, having ownership of learning, displaying a sense of agency, working as part of a team
- Resilience - which looks like... persevering, making mistakes, managing emotions, being in flow, managing distraction, demonstrating a growth mindset (rather than a fixed one)
- Resourcefulness - which looks like... making connections, learning creatively, imagining, being flexible, questioning, using thinking skills, applying what has been learned, magpie-ing (using someone else's ideas)
- Reflectiveness - which looks like... having a positive attitude to learning, monitoring learning, evaluate learning, using meta-cognition skills, planning for learning
- Respect - which looks like... being thoughtful, having consideration for learning and other learners, being appreciative, trusting yourself and others, showing a love of learning, staying and keeping others safe.

The focus on internalising these values creates an emotionally enabling environment and we believe is central to a child developing their capacity to be active members of society and contribute positively.

SMSC (Spiritual, Moral, Social and Cultural development)

Children's Spiritual, Moral, Social and Cultural development is embedded in our daily teaching and British Values (democracy, the rule of law, individual liberty, and mutual respect & tolerance) are promoted at every opportunity. We ensure we promote British Values and prepare children for life in modern Britain. Through PSHE, across the curriculum and during the school day children are able to explore:

- Democracy - through our school councillor election process, children are able to make informed choices in a supportive environment. Children learn about equality in our society and are taught to challenge all stereotypes. Pupils in Year 5 and 6 visit the Houses of Parliament.
- Rights and responsibilities - ensuring each child is accountable for their actions and understanding the rule of law, through our restorative justice approach to behaviour management which is set out in our behaviour policy. Children reflect on their behaviour and are given the responsibility to become active participants in improving their behaviour.
- Respect and tolerance - for those of different faiths and beliefs is part of our school ethos. As members of multi-cultural school children are taught to understand and develop a respect for all society and how to become full and active participants.

PHSE lessons follow the National Curriculum covering topics such as drugs awareness, positive relationships and sex education based on age appropriate lesson plans. As we provide children with the necessary knowledge and tools to express themselves freely and confidently, they are able to make informed choices and reduce their risk of future harm. Children also learn how to live a healthy active lifestyle through sports activities and healthy eating programmes. There are a number of additional activities that further support and complement our PSHE Curriculum; these can include residential trips, school visits, e-safety workshops and assemblies, community events and art activities.

At Heathbrook we create a whole school ethos ensuring children are free to disclose and share any concerns, however big or small. We ensure the most vulnerable children are supported appropriately. Children in Years 4, 5 & 6 are given the opportunity to attend weekly 'speak up sessions' with a member of staff. This provides a private one to one platform to discuss matters of concern. Children feel confident that these matters will be dealt with accordingly.

Physical Education

The Physical Education aspects of the Domain support children to raise academic achievement and interpersonal skills as well as develop their emotional and physical wellbeing. They provide opportunities for children to *Be the Best you can Be!* by promoting teamwork, perseverance and creativity. Developing a love of sport, confidence and healthy lifestyles lie at the heart of our Physical Education provision.

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