

WELBEING

INCLUDING PSHE, SMSC AND BRITISH VALUES



As Wellbeing coordinator I am committed to delivering and leading an inspirational curriculum that develops confident learners. PSHE teaching and learning helps children to acquire core values and attitudes which are necessary if they are to make sense of their experiences within school and life itself. It helps them to deal with the diverse beliefs, values and attitudes that individuals and societies hold. Through PSHE pupils learn to value themselves, respect others, appreciate differences and diversity and feel confident and informed as a British citizen.

St Matthew's is currently using a flexible planning model which allows for cross curricular links based on PSHE Association guidance, the Social, Emotional Aspect of Learning (SEAL), rolling programmes for Sex Relationship Education (SRE) and Drug, Alcohol and Tobacco Education. Planning of units covered during RE Lessons develop key questions and deeper thought from the children. The programme of study for PSHE is also covered well through Science lessons. Monitoring and assessment of discrete units from the PSHE programme are addressed through planning and pupil voices.

Other aspects of PSHE such as British values are deeply rooted in our Catholic Core values. These are shared, celebrated and developed through timetabled weekly assemblies. Opportunities for cross curriculum opportunities are constantly being developed across the school.

The social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives. Emotional wellbeing is a clear indicator of academic achievement, success and satisfaction in later life. I believe that each child is unique and that it is important to ensure that our curriculum planning recognises all learning opportunities to provide for personal, economic and financial wellbeing.

It is my aim that St Matthew's Catholic Primary School will offer an effective Wellbeing education that involves and values everyone—school staff, parents, students, and community members—and for all stakeholders to be part of our every school day. Fundamental Core values must be integrated into the curriculum as well as school culture. By supporting young people to build emotional resilience, research has shown it can help them to cope with and bounce back from adversity, and can ultimately help to prevent the development of mental health problems in later life. I believe that we can create a generation of resilient, healthy and confident individuals.

Our bespoke PSHE curriculum underpins our school ethos and is the bedrock of our school and curriculum. It is delivered as a rolling programme from Reception class to Year 6. It also includes a multi-agency approach. The PSHE programme is reviewed and evaluated regularly to ensure provision is relevant, up-to-date and of the highest quality because our pupils deserve the best. I believe it is our duty to nurture, value and guide all of our pupils to believe in themselves and encourage them to be the best they can be and except nothing less.

At St Matthew's Catholic Primary School we firmly believe that providing an engaging, creative and stimulating curriculum has a positive effect on the children's behaviour, on their motivations, aspirations and achievements across all curriculum areas. We constantly strive to enhance our curriculum with a wide range of enrichment activities. The school promotes the key elements of resilience, resourcefulness and reflectiveness in everything we do. As such, children are encouraged to take risks and try new things.

We aim to give every young person and their families the opportunity to achieve and follow their aspirations for life. To do this we have a strong ethos of hard work coupled with fun and engaging learning opportunities. We have strong links with our local community and operate an open door policy inviting the school community and external visitors into our school frequently.

Our learning values should be evident in all that we do at school. We draw focus to each individual value over the course of a half term. Children are taught about the constituent elements of each value and begin to understand the importance that we place in each. Assemblies are used to introduce and explore the values in greater depth. We also try to incorporate the value in other curriculum areas whenever possible. By emphasising the importance of these key tenets we aim to embed these **Spiritual Moral Social Cultural** values within our curriculum, our staff and our pupils. Pupils are taught to listen and work hard as an individual, or part of a team, and understand the importance of core Christian learning values.

Catholic Core Values:

Positive View of Life, Community and Common Good, Freedom from Oppression, Search for Truth and Wisdom, God's Presence in the Whole World, Reconciliation, Hope and Resurrection.

In line with our learning values:

Collaboration is crucial to successful, independent learning. Through effective collaboration we begin to understand the importance of cooperation, of taking turns, of respecting difference and diversity, of friendship, of being fair, of sensitive listening and of unity.

Compassion is about kindness and concern, about friendship and love, about communicating effectively and understanding the needs of others. Through our focus on this value we expect to develop thoughtful, considerate children who are empathetic, respectful and kind.

Resilience is about being determined to succeed, setting a goal and sticking to it. We aim to foster a willingness to take risks and an acceptance of failure. We take positives from all that we do and learn from our mistakes. We are responsible for our own learning and develop high self-esteem.

Creativity and Innovation is the value through which we hope to inspire children to appreciate their individuality, to be imaginative and inquisitive, to inspire and be inspired! We aim to nurture originality and dynamism through continued exposure to the latest design, technological innovations and art.

Equality incorporates aspects of tolerance, inclusion and diversity. We expect children to have an awareness of the wider world, to celebrate difference and respect the rights of all individuals, both in the school community and beyond.

Exploration - all children love to explore. By focussing on this value we aim to encourage children to become active learners and to be curious and confident when experiencing new things. Exploring the world beyond their own classroom will help to develop a respect for nature and a love for the outdoors.

