

# John Henry Newman Academy



## SMSC Policy

Date agreed:

Review date:

At JHN, we recognise that **a child's wellbeing is paramount** and must be made a priority if a child is to learn and achieve. The world in the 21<sup>st</sup> Century is incredibly busy and anxious and there are many challenges facing young people. Children should be taught life skills to help them become happy, ambitious and lifelong learners as well as strategies to avoid or deal with life's stresses, as and when they arrive.

A child with high wellbeing is **equipped with emotional and social skills to deal with challenges**, is **resilient in the face of setbacks** and has **found their voice** to communicate who they are and what they believe.

Pupils must be **given opportunities to reflect on their own wellbeing** and to explore their views and ideas about the world.

- Through our **PSHEE curriculum**, children are given space to explore a question and share their ideas in a non-judgemental way, helping to develop communication and social skills such as empathy and healthy debate
- During short **mindfulness** sessions, all children at JHN are given time to practice breathing exercises centred on key wellbeing attributes (focus, calm, balance etc.) that help them to feel present and more aware in their daily lives
- Free **extra-curricular clubs** are open to all children to broaden their learning, skill and well-being. From Board Games to Yoga, Football to Dance, children are encouraged to try new things and get better at JHN
- During **interactive assemblies**, children are given the time to discuss their emotions, actions and ideas such as thoughtfulness, resilience or what success means to them
- **All children are encouraged to develop a 'growth mind-set'** – a belief that grit, resilience and effort rather than intelligence is the route to success. Children should learn not to dwell on mistakes and to learn from them. Our students recognise practice makes progress, not perfect.

### **Self-Directed Learning**

Young people must **be empowered to take charge of their own learning to improve their wellbeing**. When children direct their learning, they feel more involved in their own success and expect more of themselves. Opportunities are made in the curriculum for pupils to have their voices heard and to steer learning in the direction they choose. School Council, blind votes in class and project and investigation based learning in Science Week are a few ways students feel more empowered in school life at JHN.

### **Staff Well-being**

We also recognise that the wellbeing of the school and its staff should reinforce our ethos as being a positive part of the Littlemore community. Therefore, **all staff should develop their own wellbeing** to better support child learning and development. Time is put aside in 1:1 coaching, PM meetings and general staff meeting discussions to highlight any concerns, but mainly for the individual to identify their own positive areas for wellbeing development.