

## PSHE at Yeading Infants and Nursery School



### Intent

Personal, Social, Health and Economic Education helps our children to become well-rounded individuals for life. It complements our excellent academic programs to help them learn how to deal with life challenges, face difficulties head on and become responsible for their own actions and behaviour. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It is a school curriculum subject that helps children and young people stay healthy, safe and prepared for life - and work - in modern Britain. We support and create opportunities for children to be part of a society that celebrates individuality, collaboration and nurtures equality. We encourage children to learn about the positive benefits of a healthy lifestyle through exercise and diet, developing healthy relationships and contributing to the wider school community and beyond, in preparation for living in the wider world. We look at our mental health as well as our physical health.

At Yeading Infant and Nursery school, Personal, Social, Health and Economic Education underpins all that we do. We strongly believe that happy, holistically well-rounded children learn best for their future.

### Implementation

The three main areas of the PHSE programme of study are Health and Well-being, Relationships and Living in the Wider World. Our [PSHE road map](#) shows the topics covered in each key stage.

A big part of our Personal focus recently has been on our mental health and well-being. We pride ourselves that our children are well adjusted and happy to be at school following our recent pandemic, and can recognise and regulate their emotions.



We regularly participate in national initiatives such as:

- World Mental Health Day,
- Children's Mental Health Week,
- Anti-bullying week (we call this Friendship week)
- Mental Health Awareness Week
- World Smile Day



with support from mental health charities such as Anna Freud, Place2Be, NSPCC etc.



We employ whole school initiatives such as:

- SCERTs,
- Art Therapy,
- Pet Therapy,
- Animal Therapy,
- circle time,
- Growth Mindsets and



have a counsellor to enable children to recognise and talk about their feelings, both positive and negative, with a view to finding a way through to a better frame of mind.

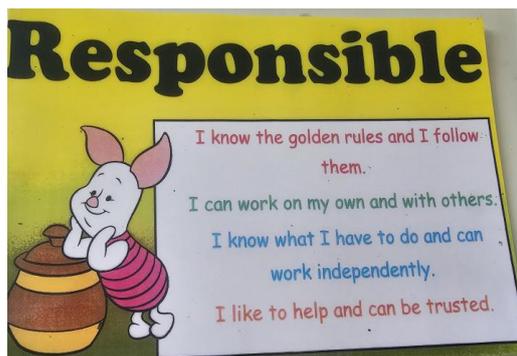
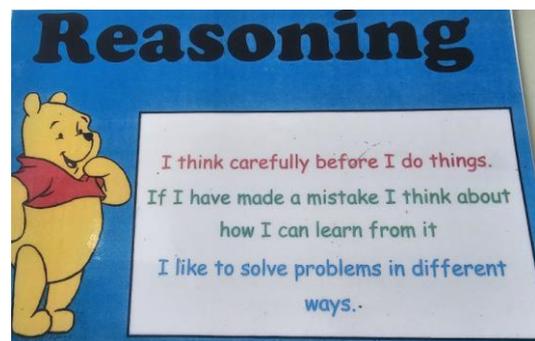
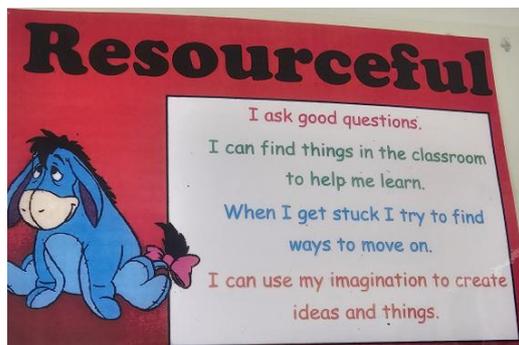
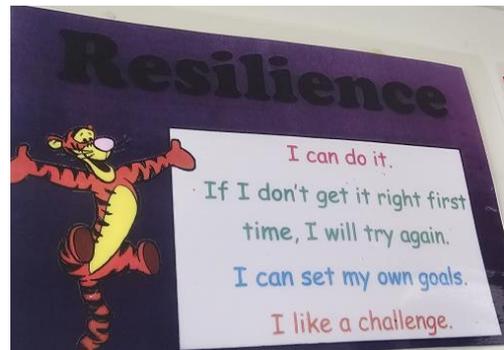
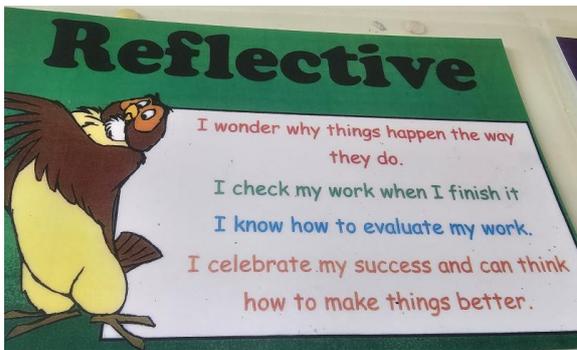
Safeguarding children, whether that be physical safeguarding such as:

- Healthy Eating Week,
- Road Safety,
- Daily Mile,
- Walk to School month etc,

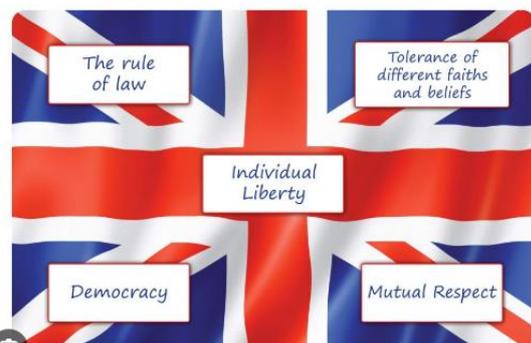
or digital safeguarding through the Safer Internet Day are also regular events.

Other physical well-being resources include our cooking room, YINs café, discovery gardens and our Forest School Area.

Our Relationship education focuses on how we treat each other and how we want to be treated and respected, whether within our own family, our school family or the wider community. We link PHSE with learning about the school rules, the 5Rs (reasoning, reflective, resourceful, resilience and responsible) and also the British Values Curriculum.



## BRITISH VALUES



As part of Living in the Wider World education, we have included Sustainable Development Goals within our cross-curricular planning and are proud to be a partner school with a school in Nepal, with which we share a digital platform for exchanging photos, videos etc.

Philosophy for Children (P4C) lessons encourage children to think about and debate issues affecting them or the wider community. At Yeading, we firmly believe in supporting the local and national wider community through our charity fundraising. We have adopted endangered animals at the local zoo in Hanwell and supported national charities such as the NSPCC, Books Trust, foodbanks and various mental health charities. Many of our staff members fundraise in their own time for many charities, personal to them.

Children look to the future of our school and world environmental issues by providing suggestions and points of view through Y- Team (School Council) and Eco Team Meetings.

At Yeading Infant and Nursery school we teach PHSE in a variety of ways including as a discrete subject lessons, through assemblies, school trips or with visitors to school. As well as integrating it in our general school life, with good role modelling and in our core and foundation subjects.

Learning outside the classroom has become an embedded thread in our provision ensuring children get out and about, providing them with challenging, exciting and different experiences to help them learn. It can often engage those children who find it difficult to engage inside the classroom environment.

Please look at our exciting, fun-filled

### PSHE calendar of events

throughout the entire school.

Whole School PSHE schedule						
Whole School:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All year:	Circle Time	Circle Time	Children's Mental Health Week	Circle Time	Circle Time	Circle Time
Self-regulation	World Mental Health Day	Friendship (Anti-bullying) Week				Empathy Day
Relationship education	Healthy Schools: gardening	Stranger Danger		World Health Day	Healthy Schools: gardening	Healthy Schools: Sports day
British Values			Reading Trust, NSPCC Number Day, Comic Relief			
Assessment					Book Trust Pyjama Day, Wear It Wild	
Charities	British Legion, Hillingdon Food Bank, Children In Need					
Nursery:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
specific topics						PANTS
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
specific subjects	All About Me	I am healthy	Our World	Growing	We can cook	PANTS
Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
specific subjects	New Beginnings	Safety First	Our Values	Growing	We can cook	I can do it myself!
Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
specific subjects	New Beginnings	Think Positive	Our Values	Our Important People	It's My Body	Going for goals!
		PANTS	Our Values	Our Important People	It's My Body	Going for goals!
			One World	Digital Wellbeing	Money Matters	Growing Up
			Safer Internet Day			Good and bad medicines

Regular training ensures staff are kept abreast of safeguarding updates and the well-being, behaviour and safety of all children is monitored in the ongoing work carried out by the Learning Mentor.

The learning mentor helps the development of all children at Yeading Infants and nursery school in particular, the role is to champion the needs of children who may be facing barriers to effective learning, both inside and outside the school. Working closely with children on a one to one basis and small groups to encourage and build confidence, self-esteem and social skills.

At Yeading Infants and Nursery school we aim to provide a caring and nurturing environment ensuring all children feel safe and valued. The learning mentor works closely with all teachers and the Inclusion Manager/SENCO offering additional support through interventions and workshops designed to best support individual children and their access to learning. This may be through timetabled interventions such as;

- Attention Hillingdon
- Nurture group
- Social skills group
- I need to talk/worry monster
- Additional literacy/numeracy support



The consistency of using the SCERTS model throughout our school helps promote and embed positive behavior, enabling children to self-regulate and understand their emotions and feelings. This is further supported by qualified ELSA - Emotional Literacy Support assistants, all classrooms have a worry monster in which they can add things that they may be worried about anomalously. Children that display behaviors that challenge are supported through bespoke interventions that ensure the emotional security of the child and the understanding that behavior is a form of communication for an unmet need. With the implementation of attachment, boundaries, expectations and routine children are understood and empowered to flourish and be the amazing children that they are!

The passion and warmth of the learning mentor extends beyond and into our school community, working closely with external professionals to provide the best support and strategies for our children. Parents are encouraged to attend designed workshops and can appreciate a transparent and supportive approach.

Some areas the learning mentor will be able to support with are;

- Self-esteem and confidence building
- Social skills
- Feeling vulnerable and bullying
- Attendance and punctuality
- Family difficulties
- Illness and bereavement

We aim to enthuse, encourage and empower children to move forward in a positive way, promoting a growth mindset for successful citizens of the future.

## Impact

A DFE (The Department for Education) evidence review highlighted the subject's importance to children and young people's wellbeing and knock-on effects on academic achievement, stating that 'The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success'.

A major evidence review by Pro Bono Economics also found that PSHE supports academic attainment by removing barriers to learning.

We pride ourselves in nurturing an ethos of aspiration with a vibrant learning environment and encourage children to actively take part in. We believe that the manners, attitudes and behaviour of the children at our school is a real asset.

Here are some of the events inspired by our holistic approach to PSHE learning.





The impact of PSHE education can be assessed in many ways:

- Reduced incidents of children complaining about others
- Reduced incidents of SMSAs reporting poor behaviour between children
- Attendance rates
- Y-Team pupil voice
- Childrens' surveys about the global community
- Responses from external sources eg verbal comments, letters, certificates etc
- Observations of children
- Behaviour Logs.
- Learning walks.
- Working walls.
- Pupil voice etc

At Yeading Infants and Nursery School, we are very proud of the many positive comments received from stakeholders including parents, governors and visitors, who highlight the friendly and helpful atmosphere in our school.