



Lowerhouse Junior School

PSHE



Our Values and Pupils' Personal Development

Our curriculum is an important means by which we develop the values of our school in our pupils during their time at Lowerhouse Junior School. When planning and delivering lessons, teachers give attention to our values of **Aspiration, Integrity, Resilience** and **Respect** which are relevant to the unit of work. Our aim is to encourage positive attitudes to learning, to ourselves as individuals and to other members of our community.

Cultural Capital

Through our curriculum we aim to provide our children with the skills and knowledge they require to be educated citizens with an appreciation of human creativity and achievement throughout human history. With these insights our pupils will have the capacity to be happy, independent, confident individuals able to benefit from and contribute to their local communities and wider society.

Reading

The effective teaching of reading is of paramount importance. Becoming efficient readers enables our children to achieve our other curricular aims much more easily. It is a skill for life. We give the highest priority to the improvement of children's reading

Intent

At Lowerhouse Junior School, our Personal, Social, Health and Economic (PSHE) curriculum aims to provide a comprehensive and inclusive education, equipping students with essential life skills and knowledge to thrive personally and socially. Our PSHE curriculum prepares learners for life's opportunities and challenges.

Our PSHE curriculum aims to:

-  promote mental and emotional well-being
-  develop social skills and positive relationships
-  encourage healthy lifestyle choices and personal safety
-  instil responsibility and respect for self and others
-  prepare students to be informed and active citizens in a diverse world

By integrating the My Happy Mind programme, following PSHE Association guidelines, and incorporating our school enrichment days, our curriculum is designed to equip children with the knowledge, skills, and attributes they need to manage their lives now and in the future. It supports their spiritual, moral, cultural, mental, and physical development and prepares them for the opportunities, responsibilities, and experiences of later life.

Implementation

Our PSHE curriculum is delivered through weekly lessons, assemblies, enrichment days, trips, residentials and cross-curricular activities. My Happy Minds is integrated into our broader PSHE framework, ensuring a consistent approach to mental health and well-being. Our whole-school approach embeds PSHE and mental well-being in the school culture, creating a supportive environment for all students.

Key Stage 2:

In KS2, we build on KS1 foundations, focusing on deeper understanding and application. Our goals are to:

-  enhance emotional intelligence and resilience
-  foster respect for diversity, teamwork, and cooperation
-  promote healthy lifestyles and informed choices regarding health
-  develop an understanding of personal safety, including digital safety and peer pressure

The My Happy Minds programme in KS2 offers advanced modules on growth mindset, positive relationships, mindfulness, and gratitude.

Our KS2 curriculum follows the National Curriculum and PSHE Association's objectives, covering:

-  health and wellbeing: mental health, healthy lifestyles, puberty, and drug education
-  relationships: developing healthy relationships, understanding emotions, anti-bullying, and consent
-  living in the wider world: economic well-being, careers education, and responsible citizenship

Impact

At Lowerhouse Junior School, our PSHE curriculum, enhanced by the NHS-funded My Happy Minds programme, significantly benefits students' development and well-being. This curriculum fosters resilience, emotional literacy, and self-worth, equipping students with essential life skills.

Wellbeing and Mental health:

- The My Happy Minds programme enhances students' emotional understanding and provides strategies for managing stress and anxiety.
- It promotes a growth mindset, improving resilience and coping with challenges.

Social Skills and Relationships:

- Our PSHE curriculum improves communication, empathy, and conflict resolution skills.
- Emphasis on diversity fosters a respectful and inclusive school environment.

Physical Health and Lifestyle Choices:

- Students learn the importance of a balanced diet, regular physical activity, and personal safety.
- They are empowered to make informed health decisions, improving overall well-being and readiness to learn.

Academic Achievement and Engagement:

- Emotional and social well-being from PSHE leads to higher classroom engagement and develops listening and skills for learning
- Increased confidence and self-esteem contribute to overall success and happiness.

Parental and Community Involvement

- Workshops, enrichment days and resources engage parents in supporting their children's development.
- Strengthened community ties reinforce the importance of mental health and well-being.

Our PSHE curriculum, supported by My Happy Minds, ensures students are prepared for academic success and life's challenges, enabling them to achieve their full potential.