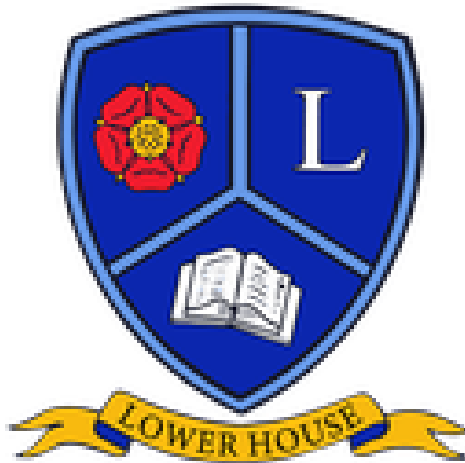




Lowerhouse Junior School, Burnley

PSHE (myHappymind) POLICY	
Written By	H.Marsden/A.Roberts
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Inspiring a lifelong love for learning

Aspiration

Integrity

Respect

Resilience

Aspiration Integrity Respect Resilience

1. Policy Statement

Lowerhouse Junior School is committed to providing a PSHE curriculum that promotes pupils' personal development, mental wellbeing, resilience, and positive relationships. Our approach is rooted in statutory DfE guidance and strengthened by our whole-school use of the **myHappymind** programme, a wellbeing curriculum designed to help children understand their brains, manage emotions, and build healthy habits for life.

This policy outlines how PSHE, RSE, and wellbeing education are delivered across school, including the integration of myHappymind as a core component.



2. Aims

Through our PSHE and wellbeing curriculum, we aim to ensure pupils:

- 🏰 Develop **emotional literacy**, self-awareness, and strategies for managing feelings.
- 🏰 Build **resilience**, confidence, and a positive sense of identity.
- 🏰 Understand how the brain works and how habits support wellbeing.
- 🏰 Form positive, respectful relationships with peers and adults.
- 🏰 Learn how to keep themselves safe, including online safety.
- 🏰 Develop healthy routines around sleep, nutrition, exercise, and digital use.
- 🏰 Are prepared for the challenges of growing up, including puberty and changing friendships.
- 🏰 Are equipped with the knowledge and skills required for statutory **Relationships, Sex and Health Education (RSHE)**.

3. Curriculum Structure

3.1 PSHE Overview

PSHE at Lowerhouse Junior School is taught weekly across all year groups and follows three strands:

- 🏰 **Health and Wellbeing**
- 🏰 **Relationships**
- 🏰 **Living in the Wider World**

These strands are mapped across school to ensure progression, coverage, and alignment with statutory RSHE requirements.

3.2 myHappymind Programme

All pupils in Years 3–6 access the full myHappymind curriculum. The programme is delivered through weekly sessions using the digital platform and teacher-led activities.

The five modules are:

- 🏰 **Meet Your Brain** – Understanding brain function, emotions, and self-regulation.
- 🏰 **Celebrate** – Building confidence, recognising strengths, and developing positive identity.
- 🏰 **Appreciate** – Practising gratitude and developing positive thinking habits.
- 🏰 **Relate** – Understanding relationships, empathy, and social connection.
- 🏰 **Engage** – Setting goals, building resilience, and developing motivation.

Each module includes classroom lessons, reflection activities, and optional home learning.

3.3 RSE Integration

The myHappymind programme complements our statutory RSE curriculum by supporting:

-  Emotional readiness for learning about relationships.
-  Understanding personal boundaries and respectful interactions.
-  Developing empathy and social awareness.
-  Building resilience during periods of change (e.g., puberty).

Additional RSE lessons are taught using our school's chosen scheme to ensure full statutory coverage.

4. Teaching and Learning

4.1 Delivery

PSHE and myHappymind are taught through:

-  Weekly timetabled lessons.
-  Assemblies and whole-school wellbeing themes.
-  Cross-curricular links (e.g., PE, computing, safeguarding).
-  Class Dojo communication with families.
-  Opportunities for pupil voice and reflection.

4.2 Inclusion

All pupils access PSHE and myHappymind. Teachers adapt lessons to meet the needs of pupils with SEND, including:

-  Visual supports
-  Scaffolded discussion
-  Alternative recording methods
-  Additional adult support

5. Roles and Responsibilities

School Leaders

-  Ensure statutory compliance with RSHE and PSHE guidance.
-  Monitor curriculum delivery and impact.
-  Provide staff training, including myHappymind implementation.

Teachers

-  Deliver high-quality PSHE and myHappymind lessons.
-  Create safe, respectful classroom environments.
-  Monitor pupil engagement and wellbeing.
-  Communicate with families where support is needed.

Pupils

-  Engage positively with lessons and activities.
-  Practise wellbeing strategies taught in school.
-  Show respect and kindness to others.

Parents and Carers

-  Support wellbeing routines at home.
-  Engage with myHappymind family resources where available.
-  Communicate concerns or questions with school.

6. Safeguarding

PSHE and myHappymind contribute to safeguarding by teaching pupils:

-  How to recognise unsafe situations.

-  How to seek help from trusted adults.
-  How to manage emotions and stress safely.
-  How to build healthy relationships and personal boundaries.

Any safeguarding concerns arising from PSHE lessons are reported in line with school policy.

7. Monitoring and Evaluation

The Senior Leadership Team monitors:

-  Lesson delivery
-  Pupil voice
-  Staff feedback
-  Impact on behaviour, wellbeing, and attitudes

Governors receive updates as part of the curriculum and wellbeing monitoring cycle.