

Relationship Education including Optional Sex Education, PSHE, Equality, Mental Health and British Values

Reception

At Horn's Mill, children have access to a number of resources to ensure that their personal development needs are met. Teachers use these resources throughout the year to ensure that children's understanding of RSE, Equality and British Values develops progressively, and that growing independence is observed in their ability to look after their own well-being and mental health.

Some concepts within MyHappyMind are re-visited each year. Children access open ended tasks and discussion at their developmental level at that time, and build on their skills and understanding each year.

MyHappyMind – Mental Health Curriculum

Happy Breathing takes place in all year groups on a daily basis:

Children understand the ways in which they can look after their brains

Children understand how happy breathing helps them

Children learn how to slow their breathing down and be still

Our brain helps us with many jobs and sometimes it gets tired.

There are two main ways for our brain to rest; sleeping and happy breathing

Happy breathing is a special way to relax our brain and it also helps to relax our bodies

Module 1: Meet your Brain

Our brains help us with lots of different jobs

We need to look after our brains for us to be at our best

When we learn something new our brain remembers it for next time

Module 2: Celebrate:

We all have things about us that are special, these are called character strengths

Our character strengths help us to be our best

We feel great when we use our character strengths

Module 3: Appreciate

How being grateful or being thankful make us feel

The different ways to show gratitude or to express our thanks

The importance of taking time out to stop and be grateful or thankful

Module 4: Relate

How to develop good listening skills

The importance of listening to others

What we can learn when we listen to others

Module 5: Engage

What goal setting is

Why goals are important

How to review our goals.

Christopher Winter - Horn's Mill Governors have agreed that in addition to legal requirements, out of respect for some groups' cultural beliefs, families will be given the informed opportunity to excuse their children from the lessons in red.

Lesson 1: Caring Friendships

Learning Intention

To recognise the importance of friendship

Learning Outcomes

Know that friendships can make us feel happy

Know some ways that we can make new friends feel welcome

Lesson 2: Being Kind

Learning Intention

To recognise the importance of saying sorry and forgiveness

Learning Outcomes

Know that arguing with friends and then making up can make friendships stronger

That resorting to violence is never right

Lesson 3: Families

Learning Intention

To recognise that all families are different

Learning Outcomes

Identify different members of the family

Understand how members of a family can help each other

No Outsiders – Equality Curriculum

These lessons are enhanced with a weekly assembly, using the No Outsiders theme.

"You Choose" Nick Sharratt and Pippa Goodheart *LO: To say what I think*

"Red Rockets and Rainbow Jelly" Sue Heap and Nick Sharratt *LO: To understand that it is OK to like different things*

"Blue Chameleon" Emily Gravett *LO: To make friends with someone different*

"The Family Book" Todd Parr *LO: To understand that all families are different*

"Mommy, Mama and Me" Lesley Newman and Carole Thompson *LO: To celebrate my family*

"Hello Hello" Brendan Wenzel *LO: To say hello*

British Values

Democracy

- My opinions are important and my thoughts and feelings will be listened to and valued.
- I have the power to choose and will make decisions on my own and in groups.

Rule of Law.

- I will understand my own and others' behaviour and its consequences
- I can distinguish right from wrong

Mutual Respect, Tolerance and Diversity

- I will practise sharing, and be supported to respect others' opinions.
- I will experience and talk about playing with diverse resources in the classroom

Individual Liberty

- I will gain confidence in making choices
- I have good self-esteem, self-confidence and self-awareness