

PSHE Curriculum

Emotional and Mental Health Education, Relationship Education (including optional Sex Education), Drugs Education, Economic Education and Equality Education

Team 1

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 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.

The British Values themes are introduced at an age appropriate level within teaching in each class and embedded in the weekly Picture News assemblies.

Circle Time is a weekly activity in each class which provides further enhancement opportunities for personal development.

MyHappyMind – Mental Health Curriculum

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

Module 1: Meet your Brain

- Where their brain is in their body and what it looks like.
- That our brain helps us to control our body, manage our emotions and help solve problems.
- That our brain has 3 main parts, and it works best when they work together. The 3 parts are Team H-A- P -Hippocampus, Amygdala and Prefrontal Cortex.
- That when we feel big emotions, our Amygdala can react and take over our brain, sending the Hippocampus and Prefrontal Cortex to sleep.
- That Happy Breathing helps our entire body, including our brain, to relax and wakes up the Hippocampus and Prefrontal Cortex.
- That if they want to improve at something, they need to practice repeatedly, and our brain helps us get better each time. This is called Neuroplasticity.

Module 2: Celebrate: Children will learn:

- What character strengths are and how they make us unique and special.
- About the 5 Character strengths and what they mean.
 - 1.Love and Kindness
 - 2.Bravery and Honesty
 - 3.Exploring and Learning
 - 4.Teamwork and friendship
 - 5.Love of life and our world
- How the best way to learn more about your strengths is to notice them.
- That our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy.
- That it is nice to tell other people when they use their strengths, as it makes them feel good.

Module 3: Appreciate Children will learn:

- What appreciate means, what types of things we appreciate, and how do we show appreciation?
- That you can appreciate others, experiences and themselves and not just material things. They will be able to say the categories on the Wheel of Gratitude.
- How to develop an Attitude of Gratitude. They will learn that showing gratitude makes them feel good; when we make someone feel good, it makes us feel good too.

- How Happy Breathing exercises help to remind us to appreciate the things we might forget.
- By practising giving gratitude over and over again, our brains will improve at appreciating things and people. This is called Neuroplasticity.
- That when we give and receive gratitude, it makes Team H-A-P happy, and they can work well together

Modules 4: Relate Children will learn:

- That relate means to get along with others and understand another person and that they can relate with family, friends, and teachers in different ways.
- How their character strengths help them get along with others and learn that it is okay that we are all different.
- What Active Listening is.
- What 'Stop, Understand and Consider' means and think about how this can help them with friendship issues.
- That Happy Breathing can help them if they have big emotions when falling out with friends.

Module 5: Engage Children will learn:

- What engage means.
- What types of things they can engage in.
- That when they engage in something and feel happy, they can do the activity better.
- That they can set goals; sometimes these can be to do with learning, and other times they are to do with a hobby.
- How to set a class goal using the 3 steps.
- That setting goals and achieving them can make Team H-A-P happy too.
- That we do not always achieve our goals, but as long they have tried, they will learn something new.
- That just because they can't do something straight away, it doesn't mean they won't be able to in the future.

End Point: That our brain helps us to control our body, manage our emotions and help solve problems

MyHappyMind – Relationship Curriculum

Lesson 1 – My Family and Me

Recognise who is in my family

Recognise that there are different types of families

Understand how their families help and care for them

Lesson 2 – Exploring Feelings

Identify different types of feelings and how they might look in themselves and others

How to tell someone when they are feeling different types of emotions

Christopher Winter – Relationship and Sex Education

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: Different Friends

Learning Intention

To understand that we are all different but can still be friends

Learning Outcomes

Know that we can be friends with people who are different to us

Lesson 2: Growing and Changing

Learning Intention

To discuss how children grow and change

Learning Outcomes

	<p>Understand that babies need care and support Know that older children can do more by themselves</p> <p>Lesson 3: Families and Care Learning Intention To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe Learning Outcomes Know there are different types of families Know which people we can ask for help</p> <p>RSE Key Vocabulary • Washing • Brushing teeth • Get dressed • Clean • Boy • Girl • Penis • Vagina • Same • Different • Physical characteristics • Gender • Hair • Face</p> <p>End Point: I can draw and label basic parts of the human body</p>
<p>No Outsiders – Equality Curriculum "My Grandpa is Amazing" Nick Butterworth <i>LO: To recognise that people are different ages</i> "That's not how you do it" Arianne Hofman-Maniyar <i>LO: To accept that people are different</i> "My World Your World" by Melanie Walsh <i>LO: To understand that we share the world with lots of people</i> "Want to Play Trucks?" By Ann Stott and Bob Graham <i>LO: To find ways to play together</i> "Ten Little Pirates" Mike Brownlow <i>LO: To play with boys and girls</i> "Max the Champion" Sean Stockdale <i>LO: To understand that our bodies work in different ways</i> "Hair, It's a family Affair" Mylo Freeman <i>LO: To be proud to be me</i> "Elmer" David McKee <i>LO: To like the way that I am</i> "Going to the volcano" Andy Stanton <i>LO: To join in – I know we are all different, how we can play together and all join in</i> "Errol's Garden" Gillian Hobbs <i>LO: I know I can ask for help with my ideas/I know how to ask for help</i> End point: Demonstrate kindness and respect towards themselves and others</p>	<p>Christopher Winter – Drugs and Alcohol Lesson 1: Staying Healthy Learning Intention To identify how to stay healthy Learning Outcomes To understand how to look after our bodies</p> <p>Lesson 2: Medicines Learning Intention To explore how and when to take medicines safely Learning Outcomes To know how medicines get into our bodies To know why people use medicines To understand that some people need to take medicines all the time to stay healthy</p> <p>Lesson 3: Who gives us medicines? Learning Intention To identify who should be able to give us medicines Learning Outcomes Know when we should take medicines and who should give them to us</p>

Know the rules about medicines

End Points – The teacher will design appropriate opportunities for the children to demonstrate:

	End of EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	I can talk confidently about my brain	That our brain helps us to control our body, manage our emotions and help solve problems	I know how to keep my brain healthy	I know what character strengths are and how they make us unique and special	the benefits of neuroplasticity	I know how to make informed choices about health and wellbeing and to recognise sources of help	I know what my strengths are and can give an explanation about how they can help me
Relationships + Sex	I can give examples about how to be kind	I can draw and label basic parts of the human body	I can describe differences between male and females	I can talk about what privacy means.	I can talk about puberty as part of the human life cycle	I can talk about changes in puberty and explain how to keep by body clean	I can explain the physical and emotional changes that occur during puberty, with reference to the reproductive system.
Living In The Wider World	I can demonstrate that it is OK to like different things	Demonstrate kindness and respect towards themselves and others	I can give examples of things that are safe and unsafe in real life	To be able to give an example of stereotype and give views on this	I know what a healthy relationship looks like	Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow	I can talk about some of the risks around drugs and alcohol