

Mental health and emotional well-being is now a key part of the education agenda. Schools increasingly realise the importance of positive mental health as contributing to educational and life outcomes. We are also aware of the increase in pressures on our young children and how exposed many of them are to factors that may compromise their emotional well-being as they develop. Our aim at Grace Mary, is that the activities within our PSHE curriculum will enable children to learn the skills that they need to develop their emotional well-being, build their resilience and manage life's challenges. It is hoped that through embedding these elements of practice, we can provide a high-quality comprehensive and universal support for our school.

Please see below for details of modules and the themes surrounding these.

Term	Puzzle Name (Modules covered)	Themes/Content Overview (all taught at an age appropriate level – see the policy for details per year group)
Autumn 1	Being Me in My World +zones of regulation	Includes understanding my place in the class, school and global community as well as devising Learning Charters. Children also learn strategies that enable to support their emotional regulation.
Autumn 2	Celebrating Difference	Includes anti-bullying (including online and face-to-face) and diversity work.
Spring 1	Dreams and Goals	Includes goal-setting, aspirations, working together to design and organise fund-raising events.
Spring 2	Healthy Me	Includes medicines, drugs and alcohol education, self-esteem and confidence as well as healthy life choices.
Summer 1	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills in Relationship Education as well as keeping safe online.

Summer 2	Changing Me	Includes Relationships and body changes including puberty and transitional phases of education i.e. Secondary school.
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In addition to these modules, at Grace Mary, we take time to raise awareness and, where appropriate, celebrate key themes throughout the year. These generally include, e-safety, antibullying and children's mental health awareness week.

British Values

The DfE have reinforced the need "to create and enforce a clear and rigorous expectation on all schools to promote the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs."

The government set out its definition of British values in the 2011 Prevent Strategy.

Grace Mary is actively promoting the values that challenge opinions or behaviours in our school that are contrary to fundamental British values and these are reinforced regularly through PSHE lessons and frequent 'Picture News' assemblies appropriate to children's development.

Protected Characteristics

Protected characteristics are specific attributes or traits that are legally safeguarded against unlawful discrimination under the Equality Act 2010. The nine Protected Characteristics are: age, disability, sex, sexual orientation, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief. As a result, people are protected from discrimination at work, in school, as a consumer, when using public transport, amongst other scenarios.

As educators, we are legally obligated to promote equality, prevent and tackle discrimination related to the Protected Characteristics. At Grace Mary we promote these in various ways across school and always at an age appropriate level for our pupils. Some of these ways include, through PSHE lesson, through creative a positive, welcoming culture in school, celebrating awareness days that are diverse and inclusive, exploring the news through Picture News assemblies (EYFS, KS1 and KS2 appropriate sessions).

Internet Safety

Grace Mary believes that online safety (e-Safety) is an essential element of safeguarding children and adults in the digital world, when using technology such as computers, mobile phones or games consoles. Internet and information communication

technologies are an important part of everyday life so children must be supported to be able to learn how to develop strategies to manage and respond to risk so they can be empowered to build resilience online. At Grace Mary, we identify that with this there is a clear duty to ensure that children are protected from potential harm online.

Anti- Bullying

At Grace Mary, we believe that everyone has the same rights of freedom from all forms of harassment. We start from the principle that bullying is absolutely unacceptable.

Aims: Children are encouraged to treat others as they would wish to be treated themselves. We wish to assure victims of bullying that there a clear procedure at Grace Mary that addresses issues immediately, whilst helping the bully to see the error of their ways. The strategy is positive rather than corrective; it seeks to raise awareness of issues involved in harassment, and is based on trust between staff and pupils.