

CURRICULUM STATEMENT – MENTAL HEALTH & WELLBEING

INTENT

The curriculum at Monkton Infants is designed in such a way as to facilitate the development of character, resilience, confidence and independence for all pupils. Children learn how to keep physically and mentally healthy through direct teaching and also across the wider curriculum

The school uses the ‘Growth Mindset’ approach to learning; ‘I can’t do it *yet*’ – pupils are encouraged to view mistakes as opportunities for learning, to keep trying until a new skill is mastered/ understood and to build new learning on the strong foundations of previous learning.

IMPLEMENTATION

All pupils are encouraged to use the ‘Zones of Self-Regulation’ displays in all classrooms in order to show their mood/ feelings at different times of the day. They are then supported in recognising techniques and approaches to improve their mood if required.

There is a school mental health mascot, ‘Fuzzle’ the bear, available in all classrooms for children to hold if extra comfort/ reassurance is needed. Children are encouraged to talk about worries and concerns and to think about how to overcome these. Members of staff are always ready to listen and pupils are able to spend time with the school dog for extra comfort.

Mental health and wellbeing are addressed through direct teaching in P.S.H.C.E. lessons and also as part of ‘Kidsafe’; a 6-week programme taught in Reception and Year 2. Additionally, targeted programmes of work are provided through the year by the ‘Healthy Minds’ Team.

Across the wider curriculum, mental health and wellbeing are addressed indirectly as members of staff ensure all pupils are given opportunities to talk about any difficulties they may have with their learning or with wider issues.

IMPACT

Formal monitoring of mental health and wellbeing is done via a parent/ carer questionnaire sent out biannually to seek opinions of the school. Pupils complete a survey in the summer term to express their views of the school.

The School Council also meet regularly to discuss things which matter to them/ their class and to put forward suggestions as to improvements.

Informal monitoring is carried out every day by all members of staff to ensure all pupils are happy, relaxed and confident in school.