

## Intent

At Co-op Academy Woodslee children are educated and nurtured to develop from little acorns right up to mighty oaks.

At Co-op Academy Woodslee, we follow the Coram Life Education, SCARF (Safety, Caring, Achievement, Resilience, Friendship) scheme of work. SCARF is a whole-school approach which supports primary schools to promote positive behaviour, mental health, wellbeing, resilience and achievement through six key values - Safety, Caring, Achievement, Resilience and Friendship. The scheme provides everything needed to meet the Relationships Education and Health Education statutory requirements. More than just a PSHE scheme of work, SCARF supports great learning every day. The themes and topics support social, moral, spiritual and cultural development and provide children with protective teaching on essential safeguarding issues, developing their knowledge of when and how they can ask for help.

At Co-op Academy Woodslee we are fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study which is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. Our scheme of work covers all of the required objectives and follows the three core areas of Health and Wellbeing, Relationships and Living in the Wider World. The scheme of work fulfils the requirements of 2020 Statutory Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum.

At Co-op Academy Woodslee, we recognise the importance of children and young people's mental health, and that there are many factors that can affect this. To support our children in their understanding of mental health, we follow the myHappymind programme. The programme links with our own philosophy, ensuring that we are:

- Proactive, not reactive; When it comes to our mental health. Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively.
- Stigma reversing; Ensuring that individuals understand the science behind how their brains work and how to impact their self esteem and resilience is at the heart of what we do. When people get the why, they take action.
- A systematic approach; We believe that to impact the child we need to impact the whole system around the child. That's why our programs support parents with a parent App and staff throughout CPD-certified wellbeing program.
- Equitable access to all; We're also proud that myHappymind is tailored to meet the needs of neuro-diverse children.

The myHappyMind curriculum is grounded in scientific research and helps children to:

- Feel happier
- Know what to do when they feel worried or stressed
- Improve their focus and learn more
- Achieve more of the goals that they set for themselves
- Develop better relationships with friends and families
- Feel great about who they are and have positive self-esteem

### Sequencing

SCARF PSHE is organised around six strands: Me and My Relationships, Valuing Difference, Keeping Safe, Rights and Respect, Being My Best and Growing and Changing. We follow these strands to ensure a progression in substantive and disciplinary knowledge through the curriculum. Throughout the scheme, children will learn the importance of a healthy lifestyle, both mentally and physically. They will learn about the characteristics and mental and physical benefits of an active lifestyle alongside concepts of basic first-aid, for example dealing with common injuries, including head injuries. Relationship topics include the ingredients of a healthy relationship, friendships and anti-bullying lessons. Valuing Differences covers topics such as the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. Such topics are crucial for providing our children with a moral compass that will help them to thrive in their own communities and to become responsible citizens.

In EYFS, children will learn PSHE through their Physical, Social and Emotional Development (PSED) curriculum. They will learn how to share, take turns and how to regulate their 'big' emotions in preparation for their journey into year 1.

In Year 1, children will learn to develop a positive learning attitude and aspirations for possible future job roles. They will learn about being part of their community and how to be a good friend. They will begin to look at where money comes from and ideas on spending and saving.

In Year 2, children will learn how to recognise and talk about their feelings, how to manage their emotions through thinking positively and calmly and ways to develop resilience. They will learn about people living in different places and they will explore their own family life.

They will look at how people use the Earth's resources and the importance of protecting our planet. Children will also learn to develop effective collaboration skills so that they are able to work as part of a team.

In Year 3, children discuss having high aspirations for their future and how they are part of a multicultural and democratic society. They will learn about road, rail and water safety and how to keep themselves safe in their community. They will look at where money comes from and how to prioritise what they spend their money on.

In Year 4, children will learn about comfortable and uncomfortable feelings, how attitude can affect mental health and ways to develop a growth mindset. This will link to the 'Learning Pit' mindset that is promoted in class. They will learn about online relationships including cyberbullying and online stranger danger. Children will learn the importance of working as a class team and how their actions can affect others, they will focus on developing confidence in their own thoughts and feelings.

In Year 5, children learn about showing respect and kindness, particularly within the home, and how to be a critical consumer. They learn about important issues like racism and how they are responsible for their own actions. They learn about employment and paying taxes and how this will contribute to society as a whole.

In Year 6, children will learn how to work together as part of a team, the responsibilities involved in becoming a global citizen and how to make good choices when faced with peer pressure. This is a vital year when we need to ensure our mighty oaks have solid foundations so that they are able to make informed choices and become a responsible member of their own community

## Implementation

Lessons are taught for one hour each week following the scheme; we dedicate half of our PSHE scheduled lesson time to the SCARF PSHE curriculum and half to the myHappymind curriculum, thus ensuring a well rounded approach to the teaching and learning of PSHE at Co-op Academy Woodslee.

<u>PSHE</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Yr 1</u>	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing
<u>Yr 2</u>	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing
<u>Y3</u>	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing
<u>Y4</u>	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing
<u>Y5</u>	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing

Y6	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being My Best	Growing and Changing
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### Impact

The PSHE scheme of work aims to equip children with essential skills for life; it intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. PSHE curriculum coverage is a vital tool in preparing children for life in society now and in the future. Lessons in this scheme of work have their foundations in seeing each and everybody's value in society, from appreciation of others to promoting strong and positive views of self. The aim is to cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident members of their community. Through the PSHE curriculum, we give children the knowledge and tools they'll need in everyday life, both now and once they leave our setting and embark upon the next phase of their educational journey.

PSHE lessons provide an effective curriculum for wellbeing. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their everyday interactions, from the classroom to the wider community of which they are a part. Successful PSHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem. Evidence suggests that successful PSHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face.

