

# Wellbeing

Mental health and wellbeing is one of the core values of culture here at SJA: we believe that emotions are central to our learning. We aim to equip children with the knowledge, skills and attributes to support their own wellbeing, and that of others, both now and in the future. We want for our children to become well-rounded citizens, who are capable of understanding: pride in their individuality; equality and diversity; feelings and emotions; their own physical and mental health and how to keep themselves safe in the modern world. In supporting our children's social, emotional and mental health, we create an environment where pupils can reach their potential and succeed in later life.



## Intent—We aim to...

Ensure children know the importance of keeping themselves safe.

Support children to understand their own physical and mental health.

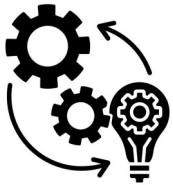
Share with children how to take care of their physical and mental health.

Break down the barriers around mental health so it is more readily discussed.

Give children regular opportunities to talk about mental health.

Develop children's knowledge and understanding of diversity and equality.

Proactively prepare children for changes they, and their peers, may experience.



## Implementation—How do we achieve our aims?

### Mental Wellbeing

Through a progression across the year groups, children will learn that mental wellbeing is a normal part of daily life, in the same way as physical health. The children will be taught that there is a wide range of emotions that all humans experience in relation to different experiences and situations. We will work with the children to recognise and talk about these emotions, including having a varied vocabulary to use when talking about their own and others feelings. Children will also be taught self-regulation techniques to help them with differing emotional states. As a school, we will talk about negative emotions and how our own, and others actions, can cause these, before identifying places to seek support.



### Individuality, Equality and Diversity

Children will be taught that there are many ways that human beings can be diverse, discussing the difference in their own lives, compared to others. We will teach the children the values of understanding and tolerance, whilst also sharing examples where these values are not always at the forefront. Children will have opportunities to discuss different diverse groups and how difference can make a person feel isolated and alone. We will learn that it is our job, as well-rounded citizens, to change this.



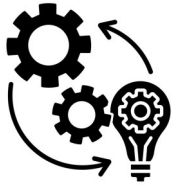
### Living in the Wider World

Over the course of their time at Scartho Juniors, the children will learn about their place in the wider world. We will teach them about the relationship between rights and responsibilities, and how these can look different depending on their context: school, home, environment, etc. We will learn about human rights, and the rights of the child, to empower our children to find their voice in the world. Alongside this, we will recognise the importance of career aspirations, broadening the horizons of our pupils so that they may consider their options in later life. The teaching of money will be important here, as we aim to provide children with a sound knowledge of money management, and the risks associated with poor management, as we begin to find more independence and prepare for adulthood.



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## Implementation (continued) - How do we achieve our aims?

### Staying Safe

Over the course of their time at SJA, children will understand the importance of staying safe in a variety of contexts and be taught strategies to keep themselves, and others, physically and mentally safe. Children should know the facts about legal and illegal harmful substances and the associated risks; they should learn to recognise early signs of physical illness and how to get help when it is needed. Children will also be taught the importance of good dental and physical hygiene and the consequences if good routines are not followed. Children will also learn basic first aid, such as how to make an emergency services call if needed and how to deal with simple, common injuries. We will teach the children to recognise what it means to 'know' someone online and how we can safeguard ourselves when accessing online platforms.



### Healthy Body; Healthy Mind

During this area of focus, children become aware of the importance of healthy eating and what constitutes a healthy diet. We will teach the children the principles of planning and preparing a range of healthy meals as well as looking at the characteristics of a poor diet and the risks associated with this. Alongside this, children will be taught the relationship between physical health and positive mental health, being given opportunities to incorporate this into their own school lives.

### Changing Adolescent Bodies and Relationships

Understanding our bodies and the changes that happen during puberty is important for us at SJA. Alongside a specialised company, children will be exposed to a progressive curriculum that teaches them the key facts about puberty and the changing adolescent body, particularly the physical and emotional changes that they, and their peers, may experience. This block will also include learning about relationships: what these are; how we can build these; appropriate behaviours in relationships and solving disputes.



## ✓ Impact - How will we know we have achieved our aims?

Learning, within the subject, is recorded in a chosen way. The work recorded demonstrates the collective understanding of the children.

Children will be prepared to keep themselves safe, having strategies to draw upon to support their own physical and mental wellbeing.

Children will feel safe to speak on each subject area, individually or in group situations.

Children, at SJA, are well-rounded citizens, capable of seeing different viewpoints in the world.

Children will talk with knowledge and understanding of the subject.