

PSHE Enrichment: Going beyond the curriculum and living life fully.

Our PSHE Curriculum goes above and beyond the national curriculum with a programme of study that is enhanced through targeted year-group support, a focus on the outdoors to support mental health and specific visits from our community that enhance our children's every day.



PSHE enrichment within the school is a part of our lessons and week. Due to our location, we have embedded 'Woodland Schools' as part of our curriculum offer. We know that being outside not only supports our children's understanding but also enables their strong mental health and enhances their learning journey. Our EYFS children visit the woods behind our school every week to learn and appreciate the natural world around our school and village. KS1 and KS2 children spend one term per year continuing their woodland school journey to explore, learn, and actively use skills in the woods with our peripatetic woodland school teacher, Anna.

As a whole school, we follow SCARF lessons which promote positive behaviour, mental health, wellbeing, resilience, and achievement. SCARF provides us with a comprehensive scheme of work for PSHE and RHE with over 350 lesson plans, which are mapped to the National Curriculum and cover all of the DfE's statutory requirements for Relationships Education and Health Education. Further to our curriculum, we enrich PSHE learning with special events such as Anti-Bullying Week, Children's Mental Health Week, Healthy School Week, and Safer Internet Day. Our PSHE curriculum is enhanced even more with KIDSAFE and NSPCC PANTS, taught bi-annually.



As part of PSHE in KS2, we also offer 'C INSIDE', a program designed to help children become more aware of who they are as a person. The program lasts for ten weeks, during which the children will learn about their emotions, behaviours, actions, thought processes and how to take ownership and responsibility for who they are. This is all achieved through activities, games, individual work, group work, breathing exercises, body movement and relaxation. Threaded through this is a growth in awareness by questioning and learning as knowledge and understanding builds.

Further to this and in support of each child's understanding of British Values, Picture News is used through collective worship. In collective worship, the children learn about a current event. These resources are designed to provide opportunities for children to learn from our world and develop respect for other's beliefs, feelings and faiths.



ZONES OF REGULATION

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

As part of our children's every day, they are also encouraged to use the Zones of Emotional Regulation. These are set up in their classroom, and the children are taught throughout the year to identify their emotions and how to regulate them. The Zones help to determine how they are feeling in the moment, given their energy, emotions and level of alertness.

Much of our PSHE enrichment comes from our every day at Lanercost. The personal development of our children is entrenched within our teaching to ensure that our children live life in all their fullness and

develop into strong, resilient lifelong learners. School leadership opportunities allow the children to further this, especially in KS2.