

Clapham Manor Philosophy for PSHCE and Promoting Positive Pupil Mental Health and Well-Being

PSHCE Core Purpose Statement

PSHCE – Personal, Social Health and Citizenship Education aims to give children the knowledge, skills and understanding they need to lead confident, healthy and independent lives, and to become informed, active and responsible citizens. We also believe that our approach to teaching PSHCE must contribute to increasing pupil wellbeing and positive mental health. It helps children develop as members of schools, neighbourhoods and wider communities and is concerned with issues of right and wrong, rights and responsibilities, fairness, rules and laws, power and authority, equality and diversity, communities and identities, democracy, conflict and cooperation. As children grow and develop we believe PSHCE helps them to think and talk about issues relating to these concepts as they encounter them in their own lives and in the lives of others (including as depicted in the media). At Clapham Manor our primary aim is for pupils to develop the skills to take responsibility for their lives and know how to keep themselves healthy and happy through developing their own identity through exploring their community and the world around them.

Our 'Four Strand Approach' has been developed with the Clapham Manor child in mind:

- PSHCE curriculum taught across the school
- Philosophy for Children (P4C)
- Mindfulness
- SEAL (Social and Emotional Aspects of Learning) through Circle Time.

It encompasses, not only the discreet teaching of PSCHE but has a sharp focus on promoting positive mental health for all pupils through developing healthy minds and strategies to promote positive mental health. Through devoting ten per cent of the curriculum to deliver the PSHCE Curriculum we recognise the impact it has on all aspects of a child's life and how this approach will positively impact on all groups of pupils.

The fundamental British values of democracy, rule of law, individual liberty, mutual respect and tolerance for those with different faiths and beliefs run through everything we do but explicit PSHCE teaching offers ways to:

- Explore the meaning of 'Britishness'
- to develop learning through the process of exploring 'what it means to be British' through peer group interaction encouraging learners to:
 - describe their own identities and the groups that they feel they belong to;
 - recognise different identities and experiences;
 - appreciate that identity consists of many factors;
 - recognise that each person's identity is unique and can change; and
 - begin to understand the idea of stereotypes

We aim to:

- take account of the way in which all young people develop personally and socially and to recognise, appreciate and celebrate diversity
- support learners to develop their own understanding of commitments and responsibilities on their personal lives, and in the wider context of our society

- provide an environment in which pupils are able to listen to and see others' points of view, cope confidently and effectively with people and situations, take initiative, and act responsibly as an individual, member of a family, school or wider community
- develop a community of trust within the classroom and throughout the school where ideas, views, thoughts and feelings can be shared safely
- promote opportunities for involvement in groups within the school and wider community that foster PSHCE aims
- use a variety of ways to enable learners to contribute towards decision making in the school, including questionnaires, school and class councils
- provide quality expertise in planning, assessment and resources in liaison with other curriculum leaders and school teams
- provide an effective, centrally-based area with a broad range of quality and accessible resources that are kept up to date and well managed
- continuously support pupils in developing an awareness of mental health and the importance of maintaining this and developing their personal well-being through a variety of strategies
- equip all staff with the knowledge and skills to support pupil mental health and pupil well-being through the bespoke curriculum provided

Current Initiatives:

The importance of promoting positive mental health and well-being in our school community has been identified on this year's school development plan and has been an integral part of our school improvement this year – through a range of professional development opportunities for staff to enhance this element of the Clapham Manor Curriculum provision even further.

- The implementation of Mindfulness – following staff training on the implementation of mindfulness in classrooms the school are promoting this as a strategy to support pupil well-being. Mindfulness resources are shared regularly and discussed amongst teachers. The PSHCE team are supporting with research and reading to aid teachers in this new initiative. Staff mental health and well-being is integral to promoting positive mental health and well-being in pupils – with support and guidance from a parent we are providing weekly mindfulness sessions for staff and advertising courses and meetings with parent/ carers in the local community.
- P4C – Philosophy for Children is a structure used by teachers to facilitate whole class discussions about 'Big World' questions, lessons are also designed to teach pupils the skills needed to generate these questions and spark debate. Whole staff training on this in October engaged all staff in a P4C lesson, these are now becoming embedded into timetables and are taking place in subjects such as geography, history and English, as well as PSHCE. The long term aim of P4C is that it broadens pupil experiences of the wider world and current affairs, as well as social and moral issues, provides them the skills and tools to communicate orally using effective language and as a result improves their written skills.