

At Wootey Infant School our primary intent is to nurture the "whole child." We recognize that for our pupils to achieve their full academic potential, they must first feel safe, happy, and emotionally secure. We have chosen the **myHappymind** curriculum to ensure that mental wellbeing is not treated as a "one-off" lesson, but is woven into the very fabric of our school culture.

Our intent is grounded in the belief that by teaching children how their brains work, we remove the fear of "big feelings" and replace it with a sense of wonder and control.

Our Key Objectives:

- **Demystifying the Brain:** We intend for every child, from EYFS to Year 2, to understand the roles of the **Hippocampus, Amygdala, and Prefrontal Cortex**. By understanding the science of 'Team HAP,' children learn to identify and manage their physical responses to stress.
- **Building Emotional Resilience:** We aim to move beyond "coping" to "thriving." Through daily "Happy Breathing" and mindfulness habits, we provide children with a toolkit of preventative strategies to support their own mental health.
- **Celebrating Unique Strengths:** Instead of a "one size fits all" approach, we intend to help children identify their individual **Character Strengths**. This builds authentic self-esteem and helps children appreciate the diversity and strengths of their peers.
- **Developing Social Fluency:** We aim to foster a community of empathetic, active listeners. By teaching the skills of the **Relate** module, we ensure our children are equipped to build healthy, respectful, and joyful relationships.
- **Fostering a Growth Mindset:** We intend to cultivate "Big Dreamers." By teaching the **Engage** module, we encourage children to set goals, embrace challenges, and understand that effort is the key to brain growth.

A Foundation for the Future

Our ultimate intent is to ensure that when children leave our school, they have a **language for life**.

We want our pupils to be emotionally literate, self-aware, and equipped with the mental habits that will allow them to flourish in the Junior years and beyond.