



Wootey Infant School PSHE Policy

Responsibility: FGB

Reviewed by: FGB

This Review: November 2025

Next Review Due: November 2026

Cycle: Annual

1. Policy Statement

Personal, Social, Health, and Economic (PSHE) education at Wootey Infant School is designed to help children develop the knowledge and skills they need to keep themselves healthy and safe, and prepare for life and learning. PSHE promotes children's personal, social, emotional, and mental wellbeing.

Our approach integrates the *My Happy Mind* programme to explicitly teach **wellbeing, emotional regulation, and mental health awareness**, helping children build resilience, empathy, and positive thinking from the earliest years.

2. Aims and Objectives

Through PSHE and *My Happy Mind*, we aim to help children:

- Develop **self-awareness, self-confidence, and emotional literacy**.
 - Learn to **manage feelings, emotions, and behaviours** in a positive way.
 - Build **healthy relationships** with peers and adults.
 - Understand **how to stay safe, healthy, and active**.
 - Develop **critical thinking, problem-solving, and decision-making skills**.
 - Foster a sense of **empathy, kindness, and respect** for themselves and others.
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3. Statutory Requirements

PSHE is a statutory subject in schools in line with:

- The **Early Years Foundation Stage (EYFS) Framework**, focusing on Personal, Social and Emotional Development (PSED).
- The **DfE statutory guidance on Relationships Education, Health Education, and wellbeing** for primary schools.
- Our curriculum supports pupils' **mental health, resilience, and emotional wellbeing**, aligned with *My Happy Mind*.

4. Curriculum and Organisation

1. **Integration:** PSHE is taught through:
 - Our core Values of Happiness, Respect and Creativity
 - Our Golden Rules
 - Our Silver Learning Code
 - Discrete lessons
 - Circle time and Assembly / Collective Worship
 - Storytime and role-play
 - Daily routines and school-wide practices
2. **My Happy Mind Programme:**
 - Provides a structured approach to **teaching wellbeing, growth mindset, mindfulness, and emotional awareness.**
 - Lessons include activities such as:
 - *Noticing* – mindfulness and awareness of thoughts
 - *Kindness* – fostering empathy and positive interactions
 - *Strengths and Skills* – building self-confidence and resilience
 - Concepts are revisited regularly to **reinforce learning and embed positive habits.**
 - The units covered in 'My Happy Mind' are:
 - Meet the brain
 - Celebrate
 - Appreciate
 - Relate
 - Engage
 - Additional units incorporate My Happy Places; My Happy Body My Happy Relationships; My Happy World.
3. **Cross-curricular links:**
 - PSHE concepts are reinforced across subjects (e.g., story characters modelling resilience, science topics on health, PE lessons on teamwork).

5. Teaching and Learning

- A **range of teaching approaches** are used to engage pupils, including discussion, collaborative activities, reflection, and visual supports.
- Learning is **age-appropriate, inclusive, and differentiated** to meet the needs of all pupils, including those with SEND.
- PSHE lessons follow a **safe and supportive approach**, where children feel confident to express ideas and emotions.

6. Inclusion

- PSHE at Wootey Infant School is **accessible to all children**, respecting diverse backgrounds, cultures, abilities, and needs.
 - *My Happy Mind* activities are adapted to ensure **engagement and understanding for children with additional learning needs**.
 - Children are supported to **share experiences and feelings in a respectful and non-judgmental environment**.
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7. Assessment and Recording

- PSHE is assessed **formatively** through:
 - Observations of children's participation and engagement
 - Discussions and reflections during lessons and circle time
 - Work samples, drawings, or verbal feedback demonstrating understanding of concepts
 - Progress in wellbeing and emotional skills is **monitored and recorded** by class teachers and reviewed termly.
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8. Roles and Responsibilities

Headteacher:

- Ensure PSHE provision, including *My Happy Mind*, meets statutory requirements and school priorities.

PSHE/Wellbeing Lead:

- Oversee curriculum planning, delivery, and resources.
- Support staff training in PSHE and *My Happy Mind* approaches.

Teachers:

- Deliver PSHE lessons effectively and inclusively.
- Promote the values of *My Happy Mind* across the school day.

Support Staff:

- Reinforce PSHE and wellbeing strategies in everyday interactions.

Parents/Carers:

- Support PSHE learning at home.
- Are informed about the *My Happy Mind* programme and invited to engage in related activities.

9. Resources – the Wootey Way:

- *My Happy Mind* teaching materials and activity packs
- Storybooks and visual aids for emotional literacy
- Circle time props and reflection journals
- Access to 'The Owl Zone' [wellbeing corners or calm spaces]
- Worry Monsters
- Zones of Regulation
- Social Stories

10. Monitoring and Evaluation

- PSHE provision, including *My Happy Mind*, is **monitored by the PSHE lead and SLT** through:
 - Lesson observations
 - Pupil voice and feedback
 - Staff feedback and reflection
- The policy and curriculum are **reviewed annually** to ensure relevance, inclusivity, and effectiveness.

11. Policy Review

This policy will be reviewed **every 12 months** by the PSHE lead and senior leadership team to ensure it continues to reflect **best practice, statutory guidance, and the needs of our pupils**.
