

Personal Development and Wellbeing at Aintree Davenhill Primary School



Children's personal development and mental health and wellbeing is at the heart of our school. It encourages, promotes, adopts and embeds a range of skills that allow children to be life-long learners and to be 'the best they can be'. We support children to acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. The benefits to children of such an approach prepares them to manage many of the most critical opportunities, challenges and responsibilities they will face growing up. It also helps them to connect and apply the knowledge and understanding they learn in all subjects to practical, real-life situations while helping them to feel safe and secure enough to fulfil their academic potential. Our PSHE/RSHE curriculum and whole school values underpin our approach to our children's personal development, ensuring we are developing every child's social, spiritual, moral education, physical health and emotional wellbeing, and relationships education, whilst developing a fundamental understanding of British Values. We try to provide multiple opportunities and experiences for all children and these are opportunities for all, that go beyond the curriculum and that encourage all children to discover new interests and talents.

Our School Values

Our school motto is 'Excellence and Enjoyment' and we aspire for children to have an excellent attitude to learning and have designed our curriculum to ensure it fosters an enjoyment of learning that they will carry on throughout life. We want our children to have a heart for the community, a responsibility for the environment and know the importance of fairness and standing up for what is right.

Our school values originate from the 2012 London Olympics and the rebuild of Aintree Davenhill, when we felt that the Olympic values mirrored the values that we wanted our children to aspire to.

Excellence, Inspire, Courage, Determination, Respect, Friendship and Equality

Our vision is for our pupils to develop:

- A love of literacy, in particular a love of reading and books – having an extensive understanding of vocabulary. To use examples of good literature to **inspire** them as writers.
- **Excellent** mathematical skills, able to apply their secure knowledge of number bonds, multiplication tables and calculations to solve mathematical problems and to develop financial competency.
- As critical thinkers – developing memory through a knowledge rich curriculum.
- The **determination** to keep working at something even when it becomes difficult or the **courage** to bounce back from difficult situations.
- Through **friendships** a strong sense of community and belonging – class, school and the local community. A keenness to support and help others through fund-raising events.
- An increasing understanding of **equality** and diversity and an ability to embrace our differences.
- A curiosity for and a growing understanding of how their world has developed.
- **Respect** for and empathy with the local environment – developing into an understanding of the impact of our actions/needs on our planet.
- Healthy minds and bodies through a robust PSHE curriculum with opportunities to discuss feelings and worries. An understanding of the benefits of a healthy diet and exercise regime.

Visits

Throughout the school year, we are fortunate to have various visitors that come into school to help children have experiences from people with different talents, interests and knowledge. Reverend Jennings from Hope Community Church is a regular visitor to school delivering

workshops for children and leading assemblies. Our local community police officers also lead a range of age-appropriate workshops about road safety and online safety.

Educational Visits

We have planned events and activities to try and expose our children to the wider world around them. Educational visits are carefully planned to enhance our curriculum. Regular local walks and visits around our village ensure children have an understanding of their responsibilities in our community.

Charitable Events

The school supports a number of charitable events throughout the school year to encourage consideration of those who are in need and to think about how we can support others. Our School Council help plan these events for the wider school.

Partnership Work

We have a new partnership with Holy Family RC School in Oldham to link with another school with a different school community. We hope that this will provide children with a deeper understanding of different cultures and faiths.

Anti-Bullying

We promote an environment free from threat, harassment and any type of bullying behaviour. We will embrace the National Anti-Bullying week to highlight positive behaviour.

Anti-Bullying Ambassadors

We have eight trained Anti-Bullying Ambassadors in Year 5 and Year 6. These children receive regular training for their role. The children support Year 1 and Year 2 children during playtimes – organising games and ensuring children have someone to play with. They lead assemblies on themes such as anti-racism.

Extra-Curricular Activities

We offer activities that cover a range of interests over the course of the year. Some of these are planned to target groups of learners or needs across the school.

Zones of Regulation

All the children in school learn about their differing emotions and how to manage them in different situations. The children are taught about the 'Zones of Regulation'. The emotions are divided into 4 zones.

BLUE ZONE
Rest/Re-Energize

- Low state of alertness and energy
- Down feelings
- May feel:
 - Sad
 - Sick
 - Tired
 - Bored

The ZONES of Regulation®

REST AREA

GREEN ZONE
Good to Go

- Calm and organized state of alertness
- Neutral emotions
- May feel:
 - Happy
 - Content
 - Focused
 - Ready to learn

The ZONES of Regulation®

GO

RED ZONE
Often have to Stop and Notice

- Very heightened state of alertness
- May be in Fight, Fright or Flight mode
- Intense emotions
- May feel:
 - Elated, Ecstatic
 - Enraged/Angry
 - Terror/Panic
 - Devastation

The ZONES of Regulation®

STOP

YELLOW ZONE
Be Aware/Take Caution

- Higher state but still have some cognitive control
- Energy is up
- Emotions elevated
- May feel:
 - Frustration/Stress
 - Anxiety
 - Excitement or Silly
 - Wiggly or Agitated

The ZONES of Regulation®

SLOW

It is highlighted to the children that there are no 'bad' zones. It is natural over time to experience all four zones of emotion and it is also possible to be in more than one zone at a time.

Once the children had gained an understanding of the zones, they discuss how to develop a range of strategies to help manage those emotions.

THE BLUE ZONE tools help us to wake up our bodies, feel better and regain focus. Example activities:

Talk to someone	Rest
Build a puzzle	Read a book
Colour or draw	

THE GREEN ZONE tools help us to stay calm, focused and feeling good. These are often proactive strategies. Example activities:

Write in a diary	Reach out to a friend
Help someone	List our achievements
Spend time with friends and family	

THE YELLOW ZONE tools help us to regain control and control ourselves. Example activities:

Stretching	Yoga
Enjoy nature	Drink a glass of water
Listen to music	

THE RED ZONE tools help us to stay safe and to calm down. Example activities:

Movement	Talking to someone
Running, walking	Listening to music
Deep breaths – breathing exercises	

Parental Links

We offer training to support children in their learning to parents. This has included phonics training, teaching your child to read, how to teach your child maths, internet safety. We also run daily parent classes through Lancashire Adult Learning to help our parents further develop their life skills.

Equal Opportunities

All our personal development and enrichment activities are open to all children and our Equal Opportunities Policy is inherent in ensuring all children have access to all experiences.

School Nurse

Our school nurse, Mrs Swanson, provides excellent support to both children and parents. She delivers sessions to key year groups, supports individual children and holds confidential 'drop-in' sessions for parents to seek medical advice.

Sefton Mental Health Support Team

The school receives support from Sefton Mental Health Support Team. Our practitioner, Miss Humphreys, facilitates parent-led counselling sessions and is able to deliver workshops about sleep, anxiety and diet to support families.

Mental Health First Aiders and Senior Mental Health Lead

Miss Brougham and Mrs Swanepoel have been trained to support our community in Mental Health First Aid. Miss Clay and Miss Taylor have completed the Senior Mental Health Lead training.