



# My Personal, Social & Emotional Development

*To understand who we are and appreciate how we connect with others*



## **Intent – Our Aims**

- Every child reaches their potential in terms of their personal, social and emotional development.
- Children are happy, comfortable, regulated and ready to engage with learning by meeting their emotional regulation, physical health and mental wellbeing needs.
- Every child has a voice in the academy and play a positive role in contributing to the life of the academy and the wider community.
- Children understand right from wrong and understand the consequences
- Children received practical and enriching opportunities to enhance their learning, not only academically, but also socially and emotionally.

## **Implementation – How do we teach our children to develop their personal, social & emotional skills?**

- Bespoke Relationships and Health Education (see RHE policy)
- Children have access to therapeutic services including OT, SALT, Physiotherapist, Nurses and paediatricians and 1:1 and group mental health, phonics and communication interventions.
- The THRIVE approach to help the child improve their mental health and wellbeing, to include their emotional, psychological and social wellbeing and successful self-regulation strategies.
- Weekly PE activities promote a healthy mental health and develops their physical abilities and independence.
- Teaching as appropriate to the child through explicit lessons, cross-curricular activities, continuous provision, daily routines, 1:1 and small group work, whole school immersive themed events, assemblies, class assemblies, class discussions, external provider visits and trips within the community.
- Daily routines that embed the learning and development of their independent personal care, including, teeth cleaning and eating.
- Activities to promote personal safety and the child's voice with all children being actively involved in whole school decision making through the School Council.
- Children are given unbiased information that informs their life choices and enables them to make choices that lead to personal fulfilment.
- Achievements are celebrated in class, whole school assemblies and through the weekly newsletter.

## **Impact – How do our children benefit from developing their personal, social & emotional skills?**

- Every child will be prepared to become contributing members of society.
- Children are healthy and can demonstrate an improved understanding of themselves and the world around them.
- Every child is able to make choices and express their opinions, wants and needs.
- Children develop their independence enabling them to take care of their personal needs and choices.
- Children develop their resilience, mental and spiritual wellbeing, develop the ability to communicate their own views, feelings, and are sensitive to the feelings of others enabling them to build positive relationships.
- Children will understand the importance of family life, friendships, stable relationships, respect, love and care.
- An understanding of how citizens can influence decision-making through the democratic process.
- Appreciation that living under the rule protects individuals and is essential for their wellbeing and safety.
- Development of their physical fitness, agility, flexibility, strength and fine and gross motor skills through PE.
- Children are encouraged to have an ethos of mutual respect, listening to others, respecting their opinions and understanding societies rules and consequences.