

Curriculum Aims for Mental Wellbeing



- By fostering an environment that supports wellbeing, children will feel comfortable discussing any concerns they may have with a member of staff
- Children are empowered to make good decisions about their own health and wellbeing
- Children are supported to achieve their full potential across all areas of the curriculum

L	Love	Develop a love of learning through children understanding the purpose of each lesson then engaging in collaborative activities and memorable experiences
		<p>Across all subjects, children are encouraged to do their best and are shown a lot of encouragement to support this. This helps them to develop a love for themselves and in turn a love for learning.</p> <p>Children will enjoy working collaboratively and support each other even when challenges arise.</p>
E	Explore	Develop curiosity through active learning, where children ask questions and learn from their mistakes, which are vital skills in an ever changing world
		<p>A positive mindset is encouraged across all year groups to enable children to use their curiosity to extend their learning.</p> <p>Children are comfortable and confident in their own ability to achieve well and to ask challenging questions to extend their learning further.</p>
A	Aspire	Develop children’s independence and ownership of their learning so they aim high and continuously develop
		<p>Across all subjects, children develop personal targets to work towards, aspiring to the best they can within their own ability. They take control of their learning whilst becoming more independent. This helps create a positive mindset and learning experience.</p>
R	Respect	Develop children’s respect for themselves, each other, and the environment so they celebrate diversity and difference in a democratic community
		<p>From reception children are taught to be respectful of each other. When working collaboratively they are shown how to respect each other's opinions and to give any feedback in a respectful way. Children know it is ok to make mistakes and that we respect each other and then learn from our mistakes.</p>
N	Nurture	Develop children’s understanding of mental, spiritual and physical health, including strategies to employ when facing challenges in these areas
		<p>‘I want my teacher to know...’ boxes are located in classrooms to support any concerns that the children may have. Teachers address any concerns and if necessary pass them onto the Mental Health Team.</p> <p>Implementation of the rising stars wellbeing survey also allows the</p>

		<p>Mental Health Team to identify any children who would benefit from mentoring or emotional literacy support to overcome any barriers they may have.</p> <p>During PE lessons, children are encouraged to explore the effects of exercise on the body and how a good physical health contributes to a good mental wellbeing.</p> <p>Teachers nurture and support children so each child develops the skills to strengthen their self-belief and love of learning. This helps children to learn strategies to support their wellbeing and understand what to do if they are struggling.</p>
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