**Intent and Design**

At Fazakerley Primary School, our aim is to create an environment which allows children to feel safe and valued as an individual, whilst valuing differences and understanding that we are all unique. We believe the curriculum should promote; resilience – helping to build their capacity for learning as well as their self-esteem. We will give pupils the opportunity to develop physically, emotionally and socially, so that they are well-equipped for the responsibilities and experiences of later life.

As well as supporting pupil’s emotional development, we aim to strengthen our relationship with parents and carers. In actively engaging the wider-school community, we will promote and help to support their emotional well-being and mental health; which will enable them to support their children further.

**Our five main PSHE and Well Being aims are:**

1. Connect with others
2. Be Active
3. Keep Learning
4. Self –care and relaxation
5. Give to others

By promoting these five steps to well-being through an enriched curriculum, we can improve our mental well-being for pupils, parents and staff.

**Implementation**

At Fazakerley Primary, we aim to teach the PSHE curriculum, through a weekly PSHE programme called Jigsaw. Jigsaw is a whole school programme from EYFS to year 6. It brings together emotional literacy, mindfulness, social skills and spiritual development. Our weekly celebratory assemblies encourage children to reflect on their behaviour and attitudes to learning. As well as this, Jigsaw looks at ways children can regulate their emotions, which in turn helps them to manage their behaviour, creating a calming and relaxing learning environment. As part of the school ethos, Jigsaw enhances and brings to life the British Values and SMSC (social, moral, spiritual and cultural) curriculum.

To facilitate the vision of the PSHE and well-being curriculum, the school has created a calm and caring environment by, introducing non-negotiables into classrooms, such as the emotional barometers, ‘need to talk’ boards and worry boxes. We also have PSHE boards, which evidence the weekly Jigsaw theme. Our whole school well-being display, highlights the five main PSHE and Well-Being aims. Staff now have a positive environment in which to relax during break times. Advice on how relax and reduce stress has also been made available. Parent’s notice boards are also updated with information about local clubs and support groups.

We provide enrichment opportunities to promote the PSHE and well-being curriculum, which highlights whole-school vision and reinforces school messages, through events such as Anti-Bullying Week, Health Week and Safer Internet Day. We work with outside organisations including, the local library, local health care professionals such as dentists and St John’s Ambulance. The school also has links with CAMHS and mental health charities including Yellow House.

The school has created a team of children called the ‘Well-Being Warriors.’ Their role is to maintain the school’s PSHE and well-being vision within their classroom. They will encourage children to use the ‘emotional barometer’ helping children to engage with their feelings and recognise, how they can regulate their emotions. The ‘Well-Being Warriors’ will be in charge of creating a newsletter, that will highlight how children in their class have connected with the five main PSHE and well- being aims. The newsletter will be shared on the school website, so parents can connect with the curriculum.

The children each have their own journal in class. This is used each morning by the children, to record and process their feelings.

**Impact**

We review and revisit our curriculum termly to ensure progression. We recognise the importance of identifying staff who need support with knowledge and skills, and implement this through training where required.