

## PSHE statement

“You are braver than you believe, stronger than you seem and smarter than you think.”  
A.A. Milne

### Intent

At St Ives Infants School we intend to cover a comprehensive, high quality PSHE (Personal, Social, Health Education) curriculum to all our pupils. As a school we use and build on the values of Health and Wellbeing, Relationships, Living in the wider world to provide children with the tools to become healthy, independent, resilient, and responsible citizens of the world.

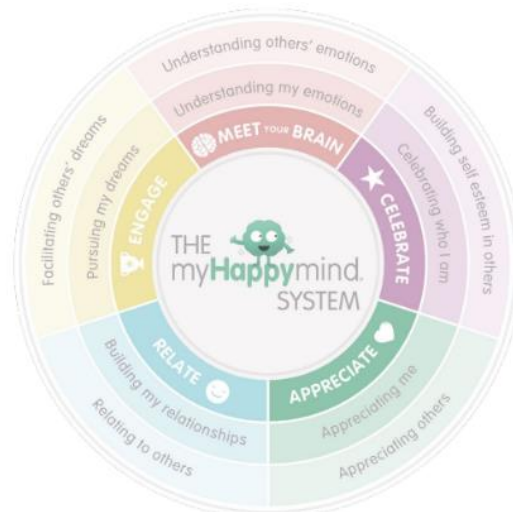
### Implementation

#### My Happy Mind

At St Ives Infants School, we use the My Happy Mind program for the basis of our PSHE and Relationships Education.

My Happy Mind is an award winning program for schools and nurseries, families and organisations. It teaches preventative habits that support positive mental health, resilience and self esteem. All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology. The program is delivered weekly via an innovative technology platform making learning, easy, convenient and fun from Nursery through to Year 2.

Over the course of the year, My Happy Mind pupils cover the following topics:



At St Ives Infants School, these topics are taught at the same time across the school, allowing for a whole school approach to underpin our children’s personal development and wellbeing. Our curriculum incorporates Relationships Education to ensure our children learn to build positive and safe relationships with family and friends and online.

MyHappy Mind is focused on developing children’s confidence, resilience and mental wellbeing and fits perfectly with the Statutory PSED Educational Programme. It is highly aligned with the PSED statements from Development matters and ELG’s. The programme also gives children the skills to be effective learners and fits with the 3 Characteristics of Effective Learning.

## St Ives Infant & Nursery School PSHE Statement

### PSHE Association

Building on My Happy Mind, St Ives Infants School uses the PSHE association to ensure that all aspects of the curriculum are taught across the year, giving our children a solid foundation for whatever challenging opportunities lie ahead. As a school, we believe strongly that PSHE is more than just a subject. Our staff are aware of children's own wellbeing and happiness and ensure that time is made available to help children resolve issues throughout the day.

### Impact

Children will leave St Ives Infant and Nursery School at the end of Year 2 with a strong foundation, particularly in their emotional wellbeing and mental health. They will use the tools they have been taught to deal with different situations and be able to increasingly use these skills independently.