The Personal Development Statement for our children at St John the Evangelist C of E Primary School combining: Healthy School, Mental Health and Wellbeing.

At St Johns our vision is to develop a school community where children can enjoy a welcoming, secure, happy and healthy environment, where all members can develop self-esteem, self-confidence, self motivation, independence, team work, compassion, tolerance and understanding of others.

At St Johns Primary School we support the physical, emotional health and wellbeing of our pupils and staff. We have a supportive and caring ethos model of respect and kindness, where each individual is valued. This is taught through the area of British Values.

At our school we know that everyone experiences life’s challenges that can make us vulnerable and at times anyone may need additional emotional support. We take the view that positive mental health is everyone’s business and we all have a role to play.

We promote a mentally healthy environment through:

* Promoting our school values and encouraging a sense of belonging.
* Promoting pupil voice and opportunities to participate in decision making.
* Celebrating academic and non academic achievements.
* Providing opportunities to develop a sense of self worth through taking responsibility for themselves and for others.
* Providing opportunities to reflect
* Access to appropriate support that meets their needs.
* Helping children to understand their emotions and feelings better and to feel comfortable sharing any concerns or worries.
* Helping children to develop emotional resilience and to manage setbacks.

St Johns offers pupils many opportunities to take part in physical and relaxing activities to promote positive wellbeing:

* Dinner time and playtime activities outside, utilising the extensive school grounds everyday and every weather.
* Themed days
* Charity days
* Summer and Christmas Fairs
* Residential visits
* Educational school visits
* After school clubs
* Visiting workshops
* School productions
* Music groups

Other opportunities for active activities included in the curriculum and daily routines are:

* Forest School
* My Happy Mind
* PE
* PSHE
* RSE
* Science
* Our Family Liaison Support

Forest School:

The curriculum within our school includes weekly Forest School sessions, which promotes team building, independence, resilience, perseverance, a chance to work within an outdoor classroom, and opportunities to work in a variety of methods.

PE:

Within this area of the curriculum it gives the opportunity to promote physical healthy activities which develop co-ordination, balance, motor skills, confidence, teamwork and enjoyment.

PSHE/RSE

Children are taught to understand how to look after themselves and others through our Personal, Social, Health and Economic(PSHE), Online Safety and Health, Relationships and Sex Education ( RSE)This area of the curriculum works to develop and work through and build important life skills such as learning to learn, habits of the mind and mindset growth. Each classroom has a worry box in which the children can share any worries.

Science:

This area of the curriculum explores the importance of physical health and works through the importance of a healthy diet, exercise, hydration and plenty of rest and sleep.

My Happy Mind:

My Happy mind is an NHS backed, award-winning programme for primary schools and nurseries, teaching preventative habits that support positive mental health, resilience and self-esteem. It was created for schools with a very simple mission: to give today’s children**the** skills to thrive in tomorrow’s world. The programme gives children**the** preventative strategies, skills and tools they need to thrive in**the** modern world.

As a school, we are using this programme to develop understanding and strategies, which will help the children to have positive mental health, and the tools to cope with difficult situations they may face in school and in their future life.

As a school we believe it is vital that we give all our pupils the opportunities, within our curriculum activities, access to the support they need to grow up happy, healthy and resilient.