



WELLBEING

End point - When children finish their curriculum at Moorthorpe Primary School, we intend for them all to:

- Recognise the importance nurturing a healthy mind and a healthy body
- Be aware of what influences them and their decision making
- Understand the online world and know how to access it safely and healthily

EYFS

The theme of 'wellbeing' helps us to emphasise the importance of emotional development. We do this by providing opportunities in our SEAL lessons for children to express their **feelings**, teaching them how to recognize and manage **emotions**, and encouraging them to develop positive **relationships**. We also emphasise the importance of physical development by encouraging children to be active, such as outdoor play, dance, and yoga as part of our GetSet4PE lessons. This helps children to develop **gross motor skills**, improve their health, and boost their mood.

In Early Years we also promote **healthy eating habits** by providing **nutritious** snacks and meals on a daily basis and supplementing these with one-off lessons on the benefits of healthy eating. In addition to visits by the school burse, where possible we try to invite parents in with relevant experience to talk about their roles, for example those that work in dentistry or restaurants.

We also promote **mindfulness** by providing opportunities for children to practice activities, such as breathing exercises and guided relaxation. This helps children to develop **self-awareness**, improve their focus, and reduce stress and anxiety. We find this especially useful after lunchtimes. **Healthy sleep habits** are discussed by regularly talking about the need for adequate sleep. One text we use to support this is Dr. Seuss's Sleep Book.

KSI

Mental health and wellbeing is developed in Key Stage One in the Caring for myself and Others topic. Children are supported in PSHE to name a range of **different emotions**, know what different emotions feel like and describe some ways of **managing feelings**. **Self-esteem and appreciation** are developed in art when drawing self-portraits, and the benefits of **caring for others** is discussed in RE lessons.

Physical health and wellbeing is also discussed in this topic through developing their scientific understanding of animals including humans. This includes understanding the human body and how to take care of it through **healthy diet and exercise**. This is further developed in the Farms unit where children explore **healthy diet** as part of their cooking and **nutrition** lessons, as well as in the PSHE unit on 'What keeps me healthy?' Children's



THEMES OF LEARNING



understanding of their own body is explored in age-appropriate way at the end of Year 2 in the RSE unit Boys, Girls and Families where the use of scientific vocabulary is encouraged.

LKS2

In Lower Key Stage Two the topic on What is important to me? is a further opportunity for children to **reflect on themselves as individuals**. They create self-portraits in art and make photograph frames in D&T to share these at home. In RE they consider festivals and significant experiences to recognise the key elements from these that they **value on a personal level**. They consider *What helps me to choose?* in PSHE where their choices around a **healthy diet** are examined, including being aware of how they might be influenced. In Chew to the Poo a scientific understanding of digestive system is covered which reinforces the messages around a **healthy diet and self-care**.

At the end of Year 4 in RSE children cover the Growing and Changing unit which begins to explore and explain the changes that their bodies will go through in adolescence. Children will be aware of **physical changes** that occur, but also how this can affect their **mood and mental health**, as well as covering **strategies for dealing with these changes**.

UKS2

In Key Stage Two children will cover the Healthy Lifestyles topic which brings together learning on the **physical wellbeing** in science (circulatory system) and D&T, as well as covering the PSHE unit on Healthy Minds. The end point to this is for children to organise a healthy lifestyles fayre centred around five themes – **exercise, diet, sleep, mental health and screen time**. Particular focus is given to the NHS 5 steps to wellbeing (connect with others, be physically active, learn new skills, give to others and pay attention/be present/mindfulness). There is also opportunity for children to celebrate the benefits of fruit and vegetables towards a **healthy diet** through still life drawing in art.

At the end of Year 6 children cover Healthy Relationships as part of their final instalment of RSE sessions. Children further develop their understanding of **physical changes** to their bodies, the impact this has on their **mental health** and further **exploring strategies** to deal with these changes. Children also **reflect on what they value** in relationships with others.

Enrichment

The theme Wellbeing is brought to life and made real to the children through a variety of experiences, including:

- Regular online safety assemblies and sessions in Computing lessons
- NSPCC assemblies, for example *Speak Out, Stay Safe*
- Return to school wellbeing projects (e.g. The Dot, In My Heart, The Magical Yet)
- Let's Get Cooking
- Creating Active Schools project and a commitment to 2 hours of PE a week
- ELSA and PIMS sessions delivered by Mrs Hardy and Mrs Grace