

## Mental Health and Wellbeing has a high priority

We have introduced a program to all-year groups at school called MyHappyMind. My Happy Mind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

Sessions are delivered every week and teach children all about their brains and how they work. This helps children to keep a happy and healthy mind.

Pupil Voice –  
School Council,  
children part of  
decision making –  
reflective and  
responsive  
curriculum

Personal  
Development  
opportunities  
interwoven  
throughout the  
curriculum

Safety – Keeping  
children safe online  
and off-line. Links  
with Computing  
Curriculum.

Talks/assemblies by the  
NSPCC – keeping  
children safe

Preparing children for  
puberty – A Journey in  
Love

First Aid training for  
children in Year 1 and  
Year 6

Preparing children for  
the next stages of their  
lives – transition work  
at each stage



## PSHE –

# What does it look like at St John's?

Informed by local and  
national data

Knowing how to contact  
the Emergency Services

Links with Mental Health  
and PE Curriculum – inc  
Growth Mindset

Drugs Education

Hygiene

Healthy Eating

Diversity – Black  
History interwoven  
throughout the  
curriculum