



Highfield Hall Primary School CHILDREN'S MENTAL HEALTH & PSHE ON A PAGE

Curriculum Content

All children have received a targeted mental health curriculum for the last 3 years at Highfield Hall. This curriculum has helped all children to develop strategies and strengthen their toolkit to look after their mental health. Whilst completing this learning, staff have guided and supported children in specific and targeted ways. This has seen a reduction in low level behaviour needs, and has provided the children with tools to support themselves and their peers.

Building upon this, the 2026-2027 school year sees a development in the children's mental health and PSHE curriculum. Throughout the school year, all children will continue to learn about their brains; retrieving their prior learning, strengthen the important habits that have become a key driver of our school's CARE values. After spending the Autumn 1 term using Project Evolve to discuss online presence and staying safe online, the curriculum will then progress to using Jigsaw (<https://jigsawpshe.online/>) for our PSHE and mental health curriculum. The knowledge and skills that are put at the heart of their scheme directly align with the statutory curriculum requirements, as well as the needs of our children. This also aligns with Learners' Trust schools. In addition to this, the children will complete at least one weekly collective worship session on mental health.

Pedagogy

Our Mental Health provision includes retrieval and flashback of prior learning, to ensure that the children's knowledge and skills is always available in their mental health toolbox. The children are supported to develop an attitude of gratitude and understand why being thankful is a really important tool to support positive mental health. Class teachers time brain breaks in to the school day when they feel their class need them (age and stage appropriate).

SEND

All children access our mental health education. Adjustments are made so that all children can discuss and record their learning. Brain break areas represent the needs of the children in the class, and may include specific items that are selected as the best tool for particular children to help with their regulation. Children with additional mental health needs can access small group support through Compass Changing Lives and our Nurture provision.

Early Years Foundation Stage

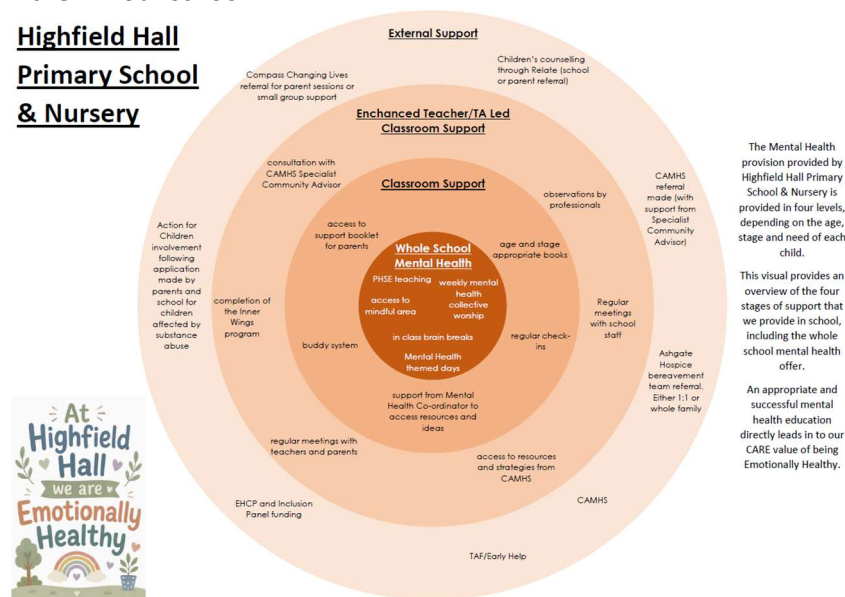
EYFS staff filter the children's mental health education in to their everyday teaching to develop the same skills as the rest of the school. Children are able to use their free play time to practise and develop their knowledge and skills in different contexts. When appropriate, children are supported by their teachers and other trusted adults to use the tools they have talked about during collective worship time and PSHE lessons.

Assessment

We do not formatively assess our mental health education. However, we have clear systems in place for when children need additional mental health support.

This diagram identifies the different levels of support available to children in our school:

Highfield Hall Primary School & Nursery



The Mental Health provision provided by Highfield Hall Primary School & Nursery is provided in four levels, depending on the age, stage and need of each child.

This visual provides an overview of the four stages of support that we provide in school, including the whole school mental health offer.

An appropriate and successful mental health education directly leads in to our CARE value of being Emotionally Healthy.