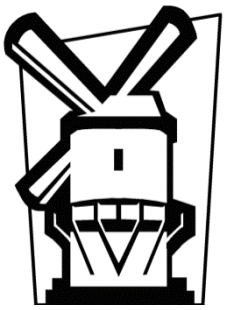
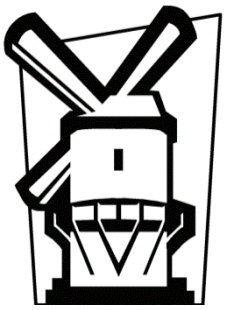
Great Paxton CE Primary School
Policy Statement on



PSHCE



Mission Statement

We build upon strong foundations of excellent teaching, with high expectations of children's achievements, encouraging all pupils to aspire to be the very best that they can be in the future.

We do this by:

- being generous and visible people of Jesus Christ, helping our local community to discover together the transforming presence of God in our lives.
- striving to provide and maintain for our pupils an education that provides opportunities so that they can explore and develop their own values and beliefs, spiritual awareness, high standards of personal behaviour, a positive caring attitude towards other people, an understanding of their social and cultural traditions and an appreciation of the diversity and richness of other cultures.
- promoting the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs.

Policy agreed:	**Summer 2026**
Leader:	**Miss Kate Moggridge**
Date for review:	**Summer 2029**

Principles of the Policy

At Great Paxton, we believe that PSHCE has the power to enhance the health and wellbeing of all children, their families and the whole school community. It has a positive influence on the ethos, learning and relationships throughout the school. It is central to our values and to achieving our school's aims. PSHCE helps children to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives, now and in the future, as individuals, citizens, workers and parents. It is embedded within wider learning to ensure that children learn to develop resilience, team work, independence, critical thinking and healthy relationship skills, which they will practise and see enacted in the school environment.

Intent:

Our school is committed to promoting positive mental health and well-being for all pupils, staff and stakeholders. From September 2025, we're excited to launch the **myHappymind+** programme, which is the only NHS-endorsed mental health programme in the U.K, as a central part of our **PSHCE curriculum**, aligning with the Cambridgeshire PSHE Service frameworks and the DfE statutory guidance. By using myHappymind+, at Great Paxton Primary School, we will be compliant with the Statutory Guidance for Relationships Education. Additionally, the programme will also teach non-statutory PSHE objectives, providing a well-rounded curriculum. However, the myHappymind+ will not include content on relationship and sex education or puberty, which we will deliver separately using the Cambridgeshire RSE Scheme.

The objectives we'll cover include:

- KS1-H25 & R13
- KS2-H26, H30, H31, H32, H33, H34, H45, R2

From September 2025, we'll be using myHappymind+ from Early Years up to Year 6 (please see the long-term plan for the school **Appendix 1** and the Objective Mapping Document 2025 **Appendix 2**).

Our PSHCE intent is to:

- Equip children with the knowledge, skills, and strategies to lead safe, healthy, responsible, and fulfilling lives.
- Foster emotional literacy, resilience, and self-regulation through a whole-school mental well-being approach.
- Enable children to make informed decisions, form positive relationships, and understand their rights and responsibilities in a diverse society.
- Promote British Values and prepare pupils for life in modern Britain.
- Support a whole-school culture of mental well-being, safeguarding, and equality.

The **My Happy Mind PLUS** programme aligns with the Cambridgeshire Personal Development Framework, and supports:

- Early intervention in mental health challenges.
- Closing the gap in emotional development and self-regulation.
- Promoting inclusion, especially for vulnerable or SEND pupils.

Implementation and Planning:

This DfE-endorsed, NHS-backed scheme is delivered weekly, every Monday morning across the whole school for 45 mins, and is structured into 3 core content pillars, which run alongside the myHappymind core programme:

Core programme:

- **Meet Your Brain –** neuroscience-based emotional regulation
- **Celebrate –** character strengths and positive self-identity
- **Appreciate –** gratitude and reflection
- **Relate –** social relationships and empathy
- **Engage** – goal setting and aspirations

3 Core Content Pillars:

- **myHappybody** - Core Theme 1 -Health & Wellbeing
- **myHappyrelationships** - Core Theme 2-Relationships
- **myHappyworld -** Core Theme 3 -Living in the wider world

The Lessons are delivered via the myHappymind+ online platform. They take a similar format each lesson, including introducing the characters, telling a story or a song, quizzes, partner or table talk time, games and activities, relaxation techniques including 'happy breathing' and then a reflection activity, where children use their myHappymind journals or worksheets to reflect their learning.

Drug Education:

Drug education forms part of our PSHE curriculum and is delivered in line with the **Cambridgeshire Personal Development Programme and Drug Education Guidance**, alongside **statutory** Relationships, Sex and Health Education (RSHE) requirements.

At our school, drug education is primarily taught through the **Health and Wellbeing** strand of our **myHappymind+** curriculum. Through this programme, pupils develop the knowledge, understanding and skills needed to make

healthy, informed and safe choices. Learning includes developing emotional literacy, resilience, decision-making skills and strategies to manage peer influence, all of which support pupils in understanding the risks associated with medicines, alcohol, tobacco, vaping and illegal drugs.

Pupils are taught, in an age-appropriate way, to:

- Understand what drugs are, including medicines, alcohol, tobacco, vaping products and illegal substances.
- Recognise the safe use of medicines and the importance of following adult guidance.
- Understand the physical, emotional and social risks associated with substance misuse.
- Develop strategies for making safe choices and resisting peer pressure.
- Know where to seek help and support if they have concerns about drugs or substance misuse.

To enhance this learning, every class takes part in sessions delivered by the **Cambridgeshire PSHE Service Bus**. These sessions provide engaging, age-appropriate learning experiences that reinforce key messages around health, wellbeing, personal safety and drug education. The programme complements our classroom teaching and enables pupils to explore these topics with specialist educators.

Drug education is delivered within a safe, inclusive and supportive learning environment. Staff respond sensitively to pupils' questions and ensure that teaching is appropriate to pupils' age, stage of development and individual needs. Any drug-related concerns are managed in accordance with the school's Safeguarding Policy, Behaviour Policy and Cambridgeshire guidance(**Cambridgeshire School Drug Policy**), with the welfare and safety of pupils remaining our highest priority.

Whole-School Approach and Cross-Curricular Coverage:

- We host half-termly assemblies to celebrate the previous module and introduce the new module
- Citizenship, Christian and British Values through themed assemblies, School Council and simply each and every day in our classrooms
- Anti-Bullying Week (Nov yearly)
- Children's Mental Health Week (February yearly)
- Online safety through the computing curriculum and celebrating national Safer Internet Day
- Sex Education – following Cambridgeshire RSE for objectives

- Promoting different days that are relevant to our children's needs, including World Sleep Awareness Day (2025), Gratitude Day and Adult Mental Health Day
- Parental engagement sessions, parent information letter (**Appendix 3,** with QR Code), termly newsletters as well as promoting our programme at Parents Evenings and encouraging the usage of the Parent APP (**Appendix 3:** parent information letter, with QR Code)

Resources:

- Use of **class journals and worksheets** for reflection and goal-setting
- Inclusion of **mindfulness practices** and brain breaks during the school day
- Engagement with **families via the Parent App** to reinforce learning at home
- **Staff training** sessions to ensure consistency and role-modelling of the programme's language and values
- Additional resources for the children to reinforce learning, including word searches on key words, mindful colouring and cutting of characters

Impact:

We measure the impact of PSHE through:

- Pupil voice and surveys
- Staff observations and pupil contributions during lessons
- Weekly safeguarding/wellbeing discussions at Staff Meetings
- Progress tracking using teacher assessments
- SLT and subject leader monitoring (e.g. learning walks, 'journal' book looks)
- Whole-school well-being reports from myHappymind dashboard
- Reduction in behaviour incidents and safeguarding concerns
- Seeing children being able to use some of the tools and strategies to regulate their emotions

Equality Impact Assessment:

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation.

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this school. (See Initial Equality Impact Assessment)

Linked policies:

- RSE Policy
- Safeguarding and Child Protection Policy
- Behaviour Policy
- Mental Health and Wellbeing Policy
- SEN Policy
- Cambridgeshire School Drug Policy

Headteacher:		**Date:**	
Chair of Governing Body:		**Date:**	

This policy has been produced in compliance with the Data Protection Act 2018 and GDPR. Further information is available in our Privacy Notice and Data Retention Policy which can be found on our website.

The person responsible for Data Protection in our organisation is Mr Lee Frost (Headteacher) and you can contact them with any questions relating to our handling of your data. You can contact them by email at office@greatpaxton.cambs.sch.uk or telephone 01480 472132

To read about your individual rights and/or to complain about how we have collected and processed data, you can contact our Data Protection Officer. If you are unhappy with how your query has been handled you can contact the Information Commissioners Office via their website.

Appendix 1:

In the 'Buffer Weeks,' we'll include our cross-curricular coverage and teaching and the RSE Objectives from Cambridgeshire Scheme of Work:

- World Gratitude Day - September
- Anti-bullying week - November.
- Children's Mental Health Week – February
- Safer Internet Awareness Day – February
- World Sleep Day - March
- RSE – Autumn

To make navigation easier, we've colour-coded each area:
myHappymind – green
myHappybody – blue
myHappyrelationships – purple
myHappyworld – yellow

Reception

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain						myHappymind Places			myHappymind - Celebrate						
Spring	myHappymind - Appreciate						myHappymind - Relate								Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.	
Summer	myHappymind - Engage						myHappy body			myHappy relationships			myHappy world			

Year 1

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				Showing respect and managing hurtful behaviour	myHappymind - Celebrate					
Spring	myHappymind - Appreciate			Healthy Lifestyles		Buffer	myHappymind - Relate			Families and positive close relationships		Buffer	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage				Shared responsibilities	Communities	Ourselves Growing and Changing		Ourselves, Growing and Changing- Transition	Buffer						

Year 2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate			Keeping Safe		Media Literacy and Digital Resilience	myHappymind - Relate			Friendships		Buffer	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage				Safe relationships		Economic Wellbeing			Ourselves, Growing and Changing- Transition		Buffer				

Year 3

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate				Buffer		
Spring	myHappymind - Appreciate				Healthy Lifestyles	myHappymind - Relate						Friendships	Families and close positive relationships	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage				Buffer	Communities	Shared responsibilities	Ourselves, Growing and Changing- Grief	Ourselves, Growing and Changing- Transition		Buffer					

Click each module title to navigate to the relevant lessons

Year 4

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				Showing respect and managing hurtful behaviour	myHappymind - Celebrate					
Spring	myHappymind - Appreciate				First Aid	Media Literacy and Digital Resilience	myHappymind - Relate				Safe Relationships	Buffer	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	myHappymind - Engage				Keeping Safe	Buffer	Economic Wellbeing			Ourselves, Growing and Changing- Transition	Buffer					

Year 5

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappymind Places				myHappymind - Celebrate						
Spring	myHappymind - Appreciate				Healthy Lifestyles		myHappymind - Relate				Friendships	Families and Close Positive Relationships		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.		
Summer	myHappymind - Engage				Buffer		Economic Wellbeing			Ourselves, Growing and Changing - Grief	Ourselves, Growing and Changing - Transition	Buffer				

Year 6

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain				myHappymind Places			Shared responsibilities		Showing respect and managing hurtful behaviour	myHappymind - Celebrate		Communities	Buffer		
Spring	myHappymind - Appreciate		First Aid	Drugs, Alcohol & Tobacco	Media Literacy and Digital Resilience		myHappymind - Relate		Safe Relationships	Buffer				Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.		
Summer	myHappymind - Engage		myHappymind - Be Your Best			Buffer	myHappymind - Transition Programme (2 sessions a week)									