

Our PDW curriculum is well-planned and tailored to the specific needs of our community. It takes account of the statutory requirements of Health and Relationships Education. Our teaching supports the future success of every child and prepares them for further education and life beyond the classroom.

PDW is embedded in our ethos, aims and values and is taught across our curriculum. Weekly dedicated time is also given to teach discrete lessons using key questions and high quality texts to promote thoughtful discussions. Themed days, visits and visitors enrich our PDW curriculum.

We teach social and emotional skills to help children develop their resilience and manage their thoughts, feelings and behaviour. They are important life skills that support children's ability to cope with and negotiate their way through difficult situations, as well as build positive relationships with their peers and adults.

Through teaching social and emotional skills we can improve academic attainment and enhance children's motivation, as well as promote wellbeing and help prevent mental health difficulties from developing. PDW teaching builds strong emotional foundations that all of us need in order to thrive and be mentally healthy.

Children learn to develop resilience, confidence and independence through explicit teaching about our shared values and growth mind set theory. Adults use the language of our shared values, growth mindset and the 6Bs throughout the day and expect children to use this language too.



We actively teach children how to self regulate and ensure our classrooms are places of emotional safety. Through learning about the zones of regulation, we enable children to explore and become aware of their feelings and emotions more readily. We model and teach self regulating strategies.

We have high expectations of oracy. We model the use of standard English and encourage children to speak audibly in full sentences. We model using a range of vocabulary and sentence structures in our speech as we know this will influence children's writing.

Health Education includes:
Mental wellbeing
Internet safety and harms
Physical health and fitness
Healthy eating
Drugs, alcohol and tobacco
Health and prevention
Basic first aid
Changing adolescent bodies

Relationships Education includes:
Families and people who care for the child
Caring friendships
Respectful relationships including challenging stereotypes
Online relationships

Our school environment is a reflection of our high standards. The classroom environment is calm and organised and enables purposeful learning. Displays reflect our shared values, standards of excellence and high quality learning. We look after our outdoor environment in the same way.