



Barrow CE School PSHE Curriculum Map and Skills Progression

Barrow CE School PSHE Statement of Intent

The aim of our PSHE curriculum, underpinned by the MyHappyMind and No Outsiders programmes, is to develop emotionally resilient, self-aware, and confident learners who can build positive relationships, manage their emotions, and develop a strong sense of well-being. Our curriculum:

- Supports children's mental health and well-being through a proactive and positive approach.
- Equips students with lifelong skills in emotional regulation, resilience, and growth mindset.
- Fosters a whole-school culture of positive mental health, kindness, and self-awareness.
- Promotes inclusion, diversity, and equality through the No Outsiders framework, ensuring all children feel valued and respected.
- Aligns with statutory guidance on Relationships and Health Education (RHE) and prepares students for life in modern Britain.

Ultimately, our intent is that our curriculum empowers each of our pupils to let their light shine and to make a positive difference whenever, and wherever, they can. "Let your light shine" Matthew 5:16

Barrow CE School PSHE Implementation

The MyHappyMind and No Outsiders curriculum is embedded throughout the school with a structured, progressive approach across all year groups, ensuring consistency and continuity in learning.

Early Years Foundation Stage (EYFS)

- Introduction to core MyHappyMind principles through play, storytelling, and structured activities.
- Focus on self-awareness, understanding emotions, and developing positive relationships.
- Introduction to diversity and inclusion using age-appropriate stories from the No Outsiders programme.
- Use of calming techniques and mindfulness activities to build emotional resilience.

Key Stage 1 (Years 1-2)

- Introduction of structured MyHappyMind lessons covering key themes: Meet Your Brain, Celebrate, Appreciate, Relate, and Engage.
- Regular practice of mindfulness techniques such as breathing exercises and gratitude reflections.
- Encouragement of a growth mindset through praise, storytelling, and reflective activities.
- Collaborative activities to strengthen teamwork, communication, and friendships.
- No Outsiders lessons using diverse and inclusive storybooks to teach respect, equality, and celebrating differences.

Key Stage 2 (Years 3-6)

- Deeper exploration of MyHappyMind themes with real-life applications and reflective discussions.
- Development of personal resilience strategies, problem-solving skills, and emotional regulation.
- Focus on leadership skills, empathy, and positive communication through peer mentoring and teamwork.
- Digital well-being and social media awareness discussions to support mental health in an online world.
- Integration with other curriculum areas, such as literacy (expressive writing about emotions) and science (understanding brain functions).
- No Outsiders lessons fostering discussions on identity, inclusion, equality, and challenging stereotypes.
- Role-playing scenarios and debates to develop critical thinking on social justice and discrimination.

Whole-School Approach

- Half-termly assemblies reinforcing key MyHappyMind and No Outsiders principles.

- Use of MyHappyMind journals for student reflections.
 - Staff CPD to ensure confident delivery and a consistent whole-school approach.
 - Parent resources and myHppymind APP to support learning beyond the classroom.
 - Integration of MyHappyMind and No Outsiders principles into behaviour management strategies.
 - Celebration of key awareness days such as Anti-Bullying Week and Black History Month.
 - Weekly Celebration of 'Wellbeing Warriors' Certificates awarded by pupils for pupils.
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Barrow CE School PSHE Impact

By implementing the MyHappyMind and No Outsiders programmes, the impact of our PSHE curriculum will be:

- Emotional Literacy & Well-being: Pupils will develop a strong understanding of their emotions and strategies to manage them effectively.
- Resilience & Growth Mindset: Students will demonstrate perseverance, problem-solving skills, and confidence in their abilities.
- Positive Relationships: Enhanced social skills, empathy, and the ability to build and maintain healthy relationships.
- Inclusion & Equality: A school culture where diversity is embraced, and discrimination is actively challenged.
- Improved Behaviour & Engagement: A more positive school culture with reduced behavioural incidents and increased student engagement.
- Academic Progress: Students will be more focused and motivated, leading to improved learning outcomes across the curriculum.
- Parental & Community Involvement: Stronger home-school partnerships in supporting children's mental health, well-being, and understanding of equality.

This curriculum map ensures a structured, progressive, and impactful approach to PSHE, helping our students develop lifelong skills for emotional and social

	EYFS SEN Foundation	KS1 Years - 1 & 2 P 3/4 SEN 1 & 2	Lower KS2 - Year 3 and 4 P 4/5 SEN 3 & 4	Upper KS2 - Years 5 and 6 P 6/7 SEN 5 & 6
Features	myHappyMind music embedded in lessons myHappyMind stories shared Module characters Group learning and activities shared Provision enhancements	myHappyMind music embedded in lessons Module characters Journals (including characters) to record reflections	myHappyMind mini videos embedded Module characters Journals (including characters) to record reflections	Module symbols Journals (without characters) to record reflections Y6 Additional module to support high school transition
Meet Your Brain	What the brain looks like The role of the brain The importance of looking after our brain	Learning about key parts of the brain What happens in their brain when they feel different emotions The benefits of calming strategies	Key parts of the brain and how they work How to support their brain when feeling different emotions Creating positive habits	The science behind the brain in more detail and understand how to react positively Use calming strategies independently
Celebrate	How Character Strengths make us unique and special Celebrate differences	Learn the 5 Character Strengths Identify their Character Strengths Celebrate others' Character Strengths	Identify Character Strengths in different scenarios Develop their Character Strengths	The importance of identifying Character Strengths in themselves and others How Character Strengths help in different situations How Character Strengths can support them through transition
Appreciate	What appreciation is How to show gratitude	What we should appreciate The benefits of showing gratitude	Develop the skill of gratitude The benefits of giving and receiving gratitude	The brain's reaction to giving and receiving gratitude at a deeper level Creating daily habits of gratitude How gratitude can help them through tough times
Relate	The importance of listening to others How to develop good listening skills	What relate means Celebrate differences in others What Active Listening is	Looking at different perspectives The importance of friendships The benefits of Active Listening	How to build successful friendships Skills needed to actively listen How relationships can support them through transition
Engage	What Goal Setting is Why goals are important	What it means to engage How to set goals	How to develop the skills of perseverance and resilience Reflect on goals whether they are achieved or not	Individual and team goals How to remain engaged with goals Independently create goals and know the steps and strategies needed to achieve these

Barrow CE Primary School – PSHE Long-Term Plan (Class Structure)

Integrated with myHappyminds, No Outsiders, RSE, Online Safety, and Christian Vision “Let Your Light Shine”

Class	Year A – Autumn	Year A – Spring	Year A – Summer	Year B – Autumn	Year B – Spring	Year B – Summer
EYFS	Self-awareness & Feelings – naming emotions, sharing feelings	Friendships & Respect – sharing, turn-taking, respecting differences	Healthy & Safe Choices – hygiene, road safety, being active NSPCC PANTS	Self-awareness & Feelings (revisit)	Friendships & Respect	Healthy & Safe Choices NSPCC PANTS
Y1&2	Me & My Emotions – identifying feelings, calming strategies (myHappyminds)	Diversity & Respect – recognising differences, kindness (No Outsiders)	Health & Wellbeing – healthy eating, exercise, safety NSPCC PANTS	Self-esteem & Resilience – growth mindset	Friendship & Inclusion – exploring families, cultures	Healthy Lifestyle – hygiene, online safety NSPCC PANTS
Y3&4	Mental Health & Character Strengths – self-awareness, empathy (myHappyminds)	Equality & Diversity – fairness, respect, anti-bullying (No Outsiders)	Safety & Risk – online safety, home & road safety NSPCC PANTS	Resilience & Positive Relationships – managing conflict, teamwork	Identity & Community – inclusion, belonging, citizenship	Healthy Living & Safety – mental health, online safety NSPCC PANTS
Y5&6	Emotional Wellbeing – self-regulation, reflection (myHappyminds for Year 5)	Rights, Responsibilities & Respect – British values, equality, anti-bullying	Physical & Digital Safety – puberty, online behaviour, peer pressure Y6 transition days NSPCC PANTS	Transition & Resilience – Year 6 revisit Year 5 myHappyminds lessons	Diversity & Justice – equality, leadership, social responsibility	Personal Safety & Growth – RSE, mental health toolkit, online/offline safety; Y6 transition days Puberty NSPCC PANTS

Implementation Notes

- **myHappyminds:** Taught weekly across all classes; **Year 6 revisit Year 5 lessons** to consolidate emotional regulation, resilience, and coping strategies before secondary transition.
- **No Outsiders:** Books and discussions sequenced progressively; revisited as needed for reinforcement.
- **RSE & Online Safety:** Integrated primarily in Summer Term; reinforced through PSHE and assemblies.
- **Transition for Year 6:** Transition days with high schools included in Summer Term, linked to resilience, coping strategies, and personal safety.
- **Church School Values:** Every term incorporates reflection on “Let Your Light Shine” through actions, service, and leadership opportunities.