

Personal Development at Ravenbank Primary School

At Ravenbank, we believe that education goes beyond academic success; it is also about nurturing confident, compassionate, and resilient individuals who are ready to thrive in life. Personal development underpins everything we do, from promoting positive relationships and self-awareness to encouraging curiosity, independence, and a sense of responsibility. By providing a wide range of opportunities both in and beyond the classroom, we aim to equip children with the knowledge, skills, and values they need to make informed choices, contribute positively to society, and develop a strong sense of self-worth.



Personal Development includes:

- Assemblies that promote core values, celebrate diversity and address local, national and global issues.
- Pupil leadership opportunities such as Team Talk Leaders, OPAL ambassadors, Red Hats and year 6 prefects.
- Extra-curricular clubs and activities covering sports, music and special interests.
- Community engagement through charity fundraising and local partnerships.
- Educational visits and trips that broaden horizons and deepen cultural understanding.
- Enrichment days and themed weeks focused on areas such as careers, healthy living and environmental awareness.
- Wellbeing and pastoral support including Zones of Regulation, myHappymind and access to specialist services when needed.
- Opportunities for pupil voice to influence school improvement and shape the learning.

PSHE (personal, social, health, economic)

myHappymind Plus

At Ravenbank, we follow the myHappymind Plus scheme to cover the PSHE curriculum. The scheme is made up of three core content pillars that run alongside the myHappymind core programme: My Happy World, My Happy Relationships and My Happy Body.

My Happy Body is all about health and wellbeing. It covers areas such as healthy lifestyles, physical wellbeing, mental wellbeing, ourselves, growing and changing, keeping safe and drugs, alcohol and tobacco.

My Happy Relationships covers families and close, positive relationships, friendships, managing hurtful behaviours and bullying, safe relationships and respecting yourself and others.

My Happy World is about living in the wider world. It covers shared responsibilities, communities, media literacy, digital resilience and economic wellbeing (money, aspirations and careers).

myHappymind

We are proud to be a myHappymind Bronze Accredited school. This recognises that Ravenbank Primary School embeds the myHappymind curriculum into school life and that we take real action to improve the mental health and well-being of the school community. As a whole school programme grounded in science and dedicated to building positive mental wellbeing, myHappymind helps children understand how their brains work and creates a culture that builds resilience, confidence and self-esteem. myHappymind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves. There are five modules taught throughout the year:

- **Meet Your Brain:** Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this module too.
- **Celebrate:** Understanding your unique Character Strengths and learning to celebrate them. This is a fantastic module for building self-esteem.
- **Appreciate:** Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a lifelong strategy!
- **Relate:** Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.
- **Engage:** Understanding how to set meaningful goals that matter and how to stay resilient in times of challenge. This module is all about building self-esteem and resilience too.

No Outsiders

To support our children's understanding of diversity and inclusion, we are a No Outsiders school. No Outsiders is a whole school ethos teaching children that everyone is different and everyone belongs. There are no outsiders at our school because everyone is welcome.

A No Outsiders lesson is taught half-termly to every class. The stimulus of the lesson is a picture book that gives all children the opportunity to explore answers, get things right and get things wrong, form opinions and give responses safely together without judgement.

Self-regulation strategies

Children at Ravenbank are taught about their emotions and how they can support themselves to be 'ready to learn'. Each classroom has a pot where children can put their lollypop stick if they'd like a chat and some support to be ready to learn. Some examples of

regulation strategies include getting fresh air, sensory circuits, sensory activities, Happy Breathing and calming activities.

Relationships and Sex Education (RSE)

At Ravenbank Primary School, Relationships and Sex Education (RSE) is taught in an age-appropriate and sensitive way through the myHappymind scheme. More information on this can be found in the RSE policy on the school website.

British Values

At Ravenbank, we promote British Values throughout everyday school life. These values are embedded in our teaching, assemblies, classroom routines and wider school activities. They help our pupils develop a strong sense of right and wrong, respect for themselves and others and an understanding of their role within the school and the wider community. Below are some of the ways we actively encourage and celebrate these values.

Rule of Law: We value the importance of clear rules and boundaries, both in school and society, to ensure everyone feels safe and happy.

- Our school ethos and behaviour policy are built on our core values: respect, friendship, trust and perseverance.
- Pupils take part in discussions and assemblies about right and wrong and the consequences of actions.
- Regular visits from our PCSO.
- Each class develops a class charter.
- Behaviour expectations are displayed in classrooms through positive noticing boards.
- Self-regulation is promoted through the Zones of Regulation.

Democracy: We believe everyone should have the right to have their voice heard.

- All children are part of School Council through our Team Talks
- Termly Year 6 prefect elections.
- Regular pupil voice opportunities.
- Pupils are actively engaged with their class charters.

Individual Liberty: We celebrate every child as an individual and encourage them to express their personalities, beliefs and opinions.

- Pupils have regular opportunities for voice and representation through Team Talk meetings.
- Children can wear their own clothes on their birthday.
- Stereotypes are challenged through the No Outsiders programme.
- Future aspirations are promoted through discussions about careers.

Mutual Respect: Everyone has the right to have their ideas and beliefs respected.

- Taught through PSHE lessons (myHappymind and No Outsiders).
- Reinforced in assemblies.
- Pupils take ownership of their class charters.
- Weekly assemblies celebrate positive behaviours.
- Children represent the school through leadership roles (Team Talk Leaders, prefects, Lunch Leaders, OPAL ambassadors, Red Hats).

Tolerance for Those of Different Faiths and Beliefs: We value tolerance as essential for healthy relationships.

- Taught through PSHE and RE lessons.
- Discussed regularly in assemblies.
- Promoted through the behaviour policy and celebrating diversity.
- Assemblies celebrate respect for different cultures and events (e.g., Lunar New Year, Red Nose Day, Diwali).

SMSC (Spiritual, moral, social, cultural) Development

Spiritual: At Ravenbank, we provide our children with opportunities for reflection, creativity and self-expression throughout the curriculum.

Moral: We teach our children to understand right and wrong and the consequences of actions through our school values, the behaviour policy, assemblies and daily classroom life.

Social: Our children have lots of opportunities to work as part of a team, be leaders and show empathy throughout the curriculum.

Cultural: We teach our children about diversity through the curriculum, No Outsiders, assemblies and by celebrating cultural events.

Physical Development

At Ravenbank Primary School, we place a strong emphasis on physical development and promoting healthy, active lifestyles. We use PE Passport to deliver an engaging and progressive PE curriculum, supported by our PE teaching assistant, Mr Williams, to ensure high-quality provision for all pupils. Active and creative play is further encouraged through OPAL play, which supports children to be physically active and imaginative during lunchtimes. Our commitment to PE and school sport is recognised through the Platinum School Games Mark, reflecting both the breadth of our PE curriculum and our success across a range of local, district and regional sports competitions. Our commitment to inclusion is also evident through us receiving the Equal Access School 2025 award.

Opportunities for Leadership and Responsibility

At Ravenbank Primary School, we provide a wide range of opportunities for pupils to take on leadership roles and develop a sense of responsibility. Children are encouraged to contribute to school life through roles such as Team Talk Leaders, Lunch Leaders, Red Hats, EYFS/Y6 buddy system and OPAL Ambassadors. These roles help pupils build confidence, teamwork and communication skills while promoting responsibility, positive behaviour and pupil voice. Through leadership opportunities, children learn that they can make a meaningful difference within their school community.

Enrichment and Cultural Opportunities

At Ravenbank Primary School, we enrich our curriculum through a wide range of experiences that broaden pupils' knowledge and understanding of the world. Children take part in educational visits that bring learning to life, as well as overnight residential visits, which help them develop resilience, teamwork, perseverance and independence. We also enhance the curriculum through themed days and weeks such as Black History Month, British Science Week, Children's Mental Health Week and celebrations like Lunar New Year.

These experiences help children build confidence, strengthen relationships and create lasting memories that support their personal, social and cultural development.

	26-27	27-28	28-29
September	European Day of Languages		European Day of Languages
October	Anti-racism (show racism the red card) National Poetry Day	Black History Month	Anti-racism (show racism the red card) National Poetry Day
November	Anti-Bullying Week Interfaith Week (or choose to have a bigger focus on Holi Festival at the right time of year)	Anti-Bullying Week Interfaith Week (or choose to have a bigger focus on Diwali at the right time of year)	Anti-Bullying Week Interfaith Week (or choose to have a bigger focus on Hanukah)
December			
January	Disability Awareness	Neurodiversity Week	Disability Awareness
February	Children's Mental Health Week Safer Internet Day Lunar New Year	Children's Mental Health Week Safer Internet Day Number Day	Children's Mental Health Week Safer Internet Day Lunar New Year
March	World Book Day Primary Arts Network	British Science Week World Book Day Primary Arts Network	World Book Day Primary Arts Network
April	Earth Day		
May			
June	Sports Week Celebrating diversity	Celebrating diversity	Sports Week Celebrating diversity
July		Aspirations/careers week	

Below are some of the trips/visitors that children will experience during their time at Ravenbank:

KS1	<ul style="list-style-type: none">• Visits to local churches• Visits to farms• Walks round Lymm village• Kiddy Cook experience• Great Fire of London theatre experience
KS2	<ul style="list-style-type: none">• Stone Age experience• Rock pool experience• Residential at Gulliver's World• Trip to Chester to the Grosvenor Museum• Residential to Robinwood• Quarry Bank Mill• Fun Food Chef experience• Overnight trip to London• Visits to local churches

Pupil Voice- Team Talks

At Ravenbank Primary School, we believe that children should have a voice in shaping our school community and take an active role in making it a positive place to learn and grow. Team Talks are a regular opportunity for children to come together in their teams to explore important themes linked to our school values of friendship, trust, respect and perserverance, as well as behaviour, relationships, wellbeing and personal development.

Each half term, our Year 6 pupils take a leading role in introducing a Team Talk theme to the whole school. They encourage everyone to reflect on what it means to be part of the Ravenbank team and how our individual choices and actions affect others.

Team Talks gives pupils the opportunity to:

- Share their views and know that their opinions are valued
- Listen to and respect others, recognising that people may have different perspectives
- Reflect on their choices and how their behaviours affects the learning, happiness and wellbeing of others
- Work together to identify ways to make our school an even better place
- Take responsibility for putting positive changes into practice

Team Talks are not simply about discussing expectations. They are about helping children understand why our values matter and how we can demonstrate them through our everyday actions.

By giving pupils opportunities to lead discussions, solve problems and contribute ideas, we aim to develop their confidence, communication skills, empathy and sense of responsibility.

Above all, Team Talks reinforce our school motto: Working Together to Achieve Success. Every child has a part to play in creating a school where everyone feels safe, included, valued and ready to learn.

Clubs and Extracurricular Opportunities

At Ravenbank Primary School, all pupils have the opportunity to take part in a wide range of clubs and extracurricular activities, both during and after the school day. These clubs are designed to be inclusive and accessible to all children offering opportunities to explore interests, develop new skills and build friendships. Activities include sports, music, cooking, chess and more allowing children to pursue their passions and develop confidence, teamwork and creativity.

Global Goals

At Ravenbank Primary School, we have integrated the UN Global Goals into our curriculum through our expedition approach, helping pupils learn about the world and their place in it. By embedding the Global Goals across subjects, we equip children with the knowledge, skills and values needed to contribute to a sustainable future. Our teaching encourages pupils to think critically about global challenges, act responsibly and collaborate with others to create positive change. This commitment reflects our belief in the power of education to inspire the next generation of leaders and make a meaningful difference in the world.