# Newtown Community Primary School

## Personal Development Curriculum (Me, You and Everything Else - MYE)

### Mental Health Strategy (Including Anti-bullying)

As part of supporting all children understanding their mental health, we teach strategies and ideas that children can use to help them understand and maintain good mental health.

We have simple, clear and memorable approaches for the children to teach children about some of the most common issues that we see children experience in a primary school setting.

We help children to recognise when their thinking or their actions related to a situation may be unhelpful for theirs or others' mental wellbeing.

| What we want children to understand about: | The way for children to remember at Newtown |
|---|---|
| **Self-confidence and belief in yourself:** That this is one of the strongest protective factors in reducing the likelihood that a child will experience bullying. | Know your roar: The reasons why you should be proud and self-confident of who you are. |
| **Self-confidence:** We have all have a 'bank balance' of confidence. What we say and how we say it either adds to or takes away from this 'bank balance'. E.g. giving compliments, using derogatory language towards individuals and groups. | Confidence Currency |
| **Labelling:** That when we label ourselves and each other, this is what we can become, and it can be what others may think of us. | Labels of Love, (kindness and respect) |
| **Mental filters:** Only paying attention to certain facts. Noticing our failures but not seeing our successes, noticing the negatives in a situation and not the positives. | Sunshine Specs or Doom Goggles |
| **Catastrophising:** 'Blowing things out of proportion'. Making a situation feel significantly different than it may be. | Made to measure thinking |
| **Minimising:** Minimising a situation or action to make something important feel less important | |
| **Jumping to conclusions:** 2+2=5 imagining we know what others are thinking and predicting the future | Being a Mind Reader |
| **Dealing with 'Disasters':** Sometimes things happen that stop us achieving what we want. We can make choices about how we react. | Dodging Disasters |
| **Managing worries:** We can manage our worries and reduce our anxious thoughts. | Being a Worry Warrior |

### Anti-Bullying Strategy in short (Please see our anti-bullying statement for our full approach)

**Muhammad Ali said '…if you haven't learned the meaning of friendship, you really haven't learned anything.'**

Friendship is crucial to addressing bullying. Research has shown that having supportive friends can be a protective factor when it comes to reducing bullying. We know that for many reasons not all children find developing friendships easy. Because of this Newtown school has an explicit focus on Kindness and Respect.

By recognising and celebrating these qualities with children every day, we are establishing and developing a powerful understanding that it is both our differences and the qualities we share, that connect and bind us in a way that leads to successful and lasting friendships and relationships.

As a school we are proud of the very good behaviour that children show. However, we are not complacent and understand that bullying can happen anywhere, to anyone and in many different forms.

| What we want children to understand. | A way for children to remember |
|---|---|
| Bullying is targeted behaviour – bullies are choosing to upset and intimidate others.<br>Bullying can and does happen to anybody, but some children are at more risk to bullying than others.<br>Bullying has a long term (into adulthood) impact on children's mental and physical health. | Anti-Bullying Strategy (3 Bs)<br>• Believe in yourself.<br>• Blew the whistle on a bully.<br>• Ban bullying now. |