

iSpace Language

Coffee Morning 23.11.22



Brentfield Primary School

Children of Today Champions of Tomorrow



- ▶ Mrs. Chisholm-Truesdell
- ▶ Currently teach in Year 1 Pink class
- ▶ Subject Leader for PSHE and PE across the school
- ▶ Key Stage 1 Phase Leader (Year 1 and Year 2)

Why?

A wellbeing curriculum will help schools to meet government requirements

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers



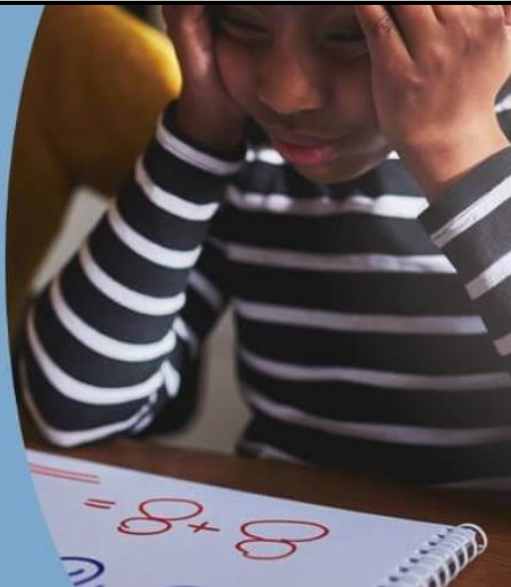
1 in 6 children have a mental health concern*

*Young Minds October 2020 research



Only 1 in 5 children get the help they need*

*This can be because they are not identified by staff or cannot access services due to long waiting lists



A wellbeing curriculum is important because there is a crisis in children's mental health

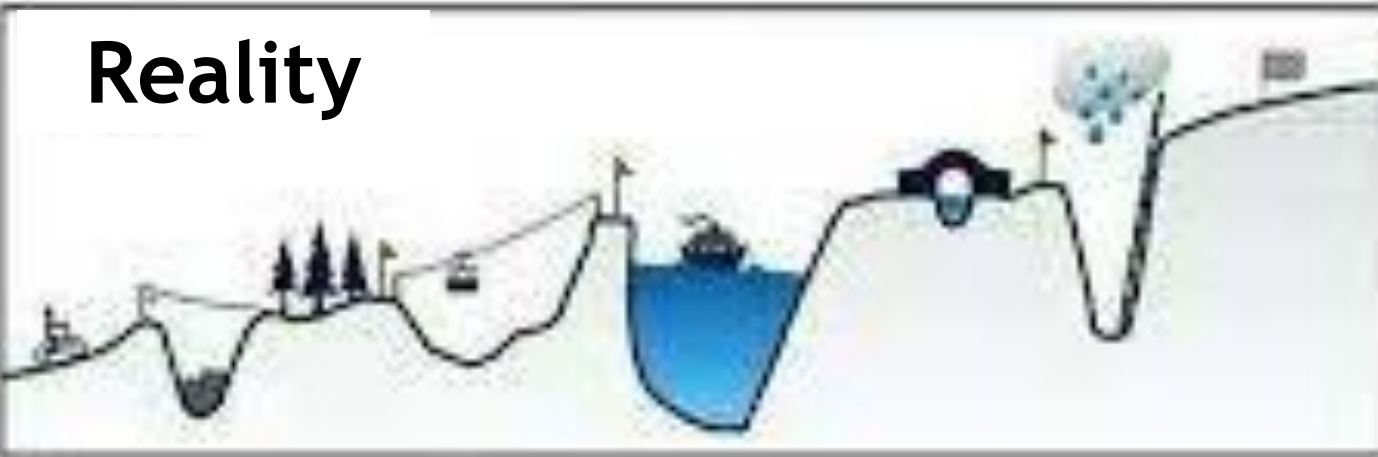


Life is full of ups and downs

The Plan



Reality



Education is nothing without wellbeing

Poor mental health limits learning, attainment and attendance



Our Curriculum



- ▶ Statutory duty to support the development of children's emotional and mental health.
- ▶ We teach this part of our mental health and well-being through our **PSHE** curriculum.

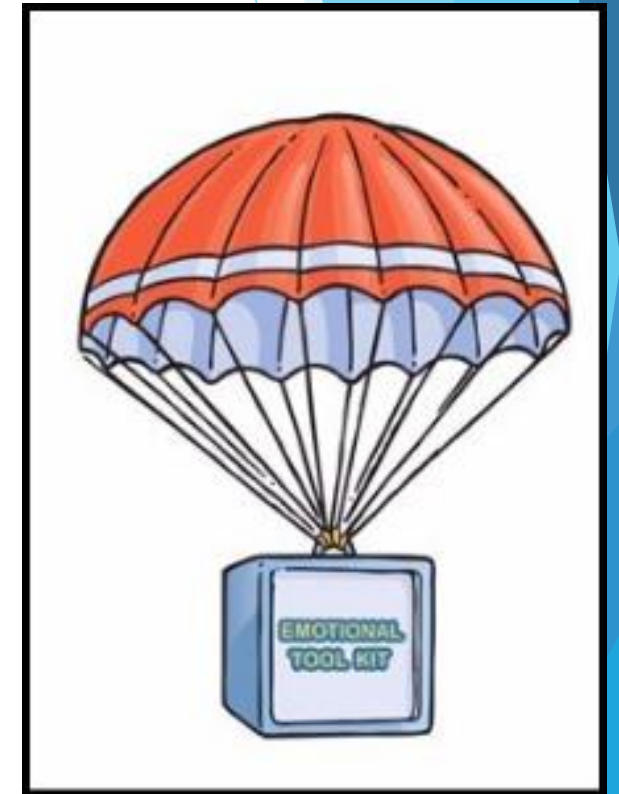


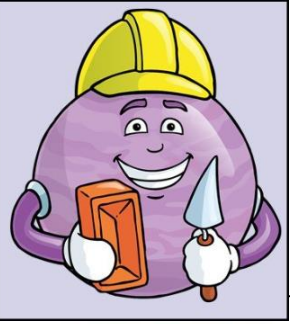
iSpace Acronym

i
S top
P ause (breathe)
A nd
C alm
E verything



Journey through different planets...





Examples

Believe In Good

Believe what is right

Understanding the power of good

Follow good example

Believe in your ability to do good

Think Good

Learn from your mistakes

Consider the results

Being able to flip a negative thought into a positive

Be thoughtful

Aim For Good

Aim high

Have courage to think for yourself

Respect yourself and others

Be responsible

Do your best

Do Good

Be kind

Be caring

Be helpful

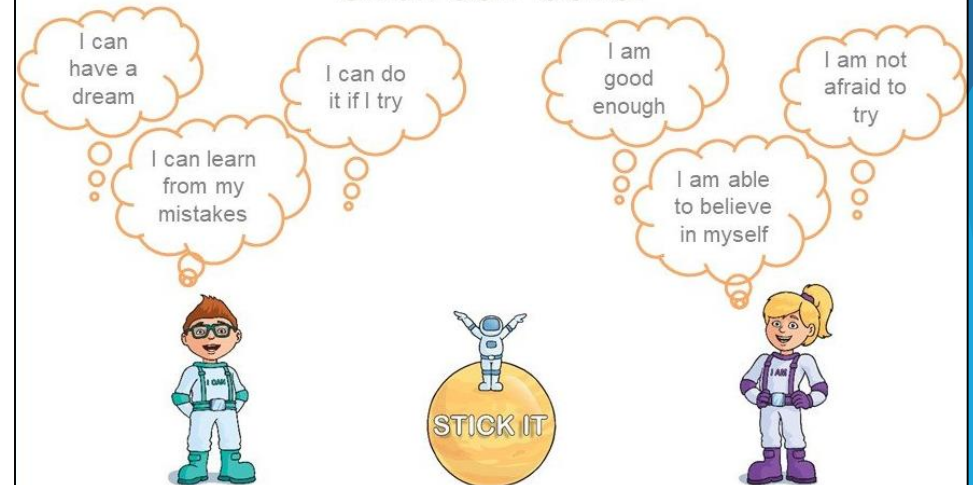
Avoiding doing what you know is wrong

Set a good example

Flip self-doubt



Stick self-belief

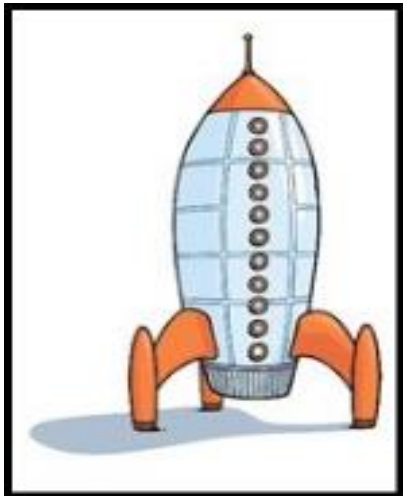


Emotional Toolkit Language



Backpack

How are you feeling today?



Rocket

Keep your rocket grounded

A central graphic containing several space-themed icons and their corresponding emotional toolkit language. At the top center is a satellite. To the left is a black hole. In the center is a hand holding a flare. To the right is a parachute. Below the flare is a hand holding a satellite. At the bottom left is a space station. At the bottom right is another satellite. The text for each icon is as follows:

- Black hole**: Times when we feel stuck
- Flare**: Talk about our feelings and seek support
- Parachute**: Emotional toolkit
- ASK**: For Help
- Asteroids**: The things that hit us unexpectedly
- Space station**: Time to get active
- Satellites**: Time to get talking

Flip it / Stick it

Two orange circles. The left one has a hand flipping it, and the right one has an astronaut sticking to it. The text 'FLIP IT' and 'STICK IT' is written on the circles.

FLIP IT **STICK IT**

The 4 G's

Four brown bricks arranged in a 2x2 grid, each with text on it.

Do Good **Think Good**
Believe In Good **Aim For Good**

Niggles and Stressors

Two cartoon monsters. The one on the left is orange and smiling. The one on the right is purple and looking stressed with a wide-open mouth.

Niggles and Stressors

Any Questions



A wellbeing curriculum helps everyone to understand we all have a mental health



- ▶ Please sign the register of attendance