



Kingsway Primary School PSHE Mental Health Portfolio



School Ethos

- Kingsway Primary School values PSHE and uses the PINK curriculum planning tool to ensure that pupils receive a broad grounding in to Healthy Living, Healthy Relationships and Keeping themselves safe.
- Kingsway Primary School is a Thrive accredited setting with 8 licensed practitioners and the whole staff trained in how the adults' interactions with children can influence their emotional development and well being. Thrive uses the medium of art to deliver interventions based on the latest research in neuroscience, child development and attachment theory.
- All children can access Thrive based activities during lunch times and quiet rooms are offered as an alternative to the playground.
- Our pastoral team comprises of 3 Learning Mentors who between them hold a variety of skills and qualifications. We offer a comprehensive package of Early Help to children and their families.
- Pupils take part in the OPS and disadvantaged pupils in KS2 can access the PASS survey.
- Each class has an allocation of indoor and outdoor PE sessions and our Sports Premium has been used to widen pupils' participation in healthy activities such as a Change 4 Life club. Sport based activities are also on offer nightly as part of our wide range of Extra Curricular provision. Clubs are provided in response to pupil demand. The school also has a large field with a Trim Trail provided by the Supporters of Kingsway School (SoKS) and a MUGA pitch
- School lunches are of a high quality and provided by an outside caterers who are committed to giving pupils / students the opportunity to enjoy and benefit from a nutritious lunch.
- The manager of our local Tesco Express, has donated fresh fruit to our KS2 children to promote Healthy Eating.
- Teachers' health and well being is also considered. Teachers are encouraged to maintain a healthy work / life balance. There has been Mindfulness training as an INSET and our Head, who is the lead for the Quedgeley Learning Community a group of 9 Primaries and 1 secondary school, organises a TLC for QLC INSET where there are key note speakers such as Satveer Nijjar to address issues such as Self Harm and a series of informative or fun sessions for school staff.
- School subscribes to Care First which offers advice and support to staff 24hrs a day on a variety of issues including mental health & physical wellbeing.

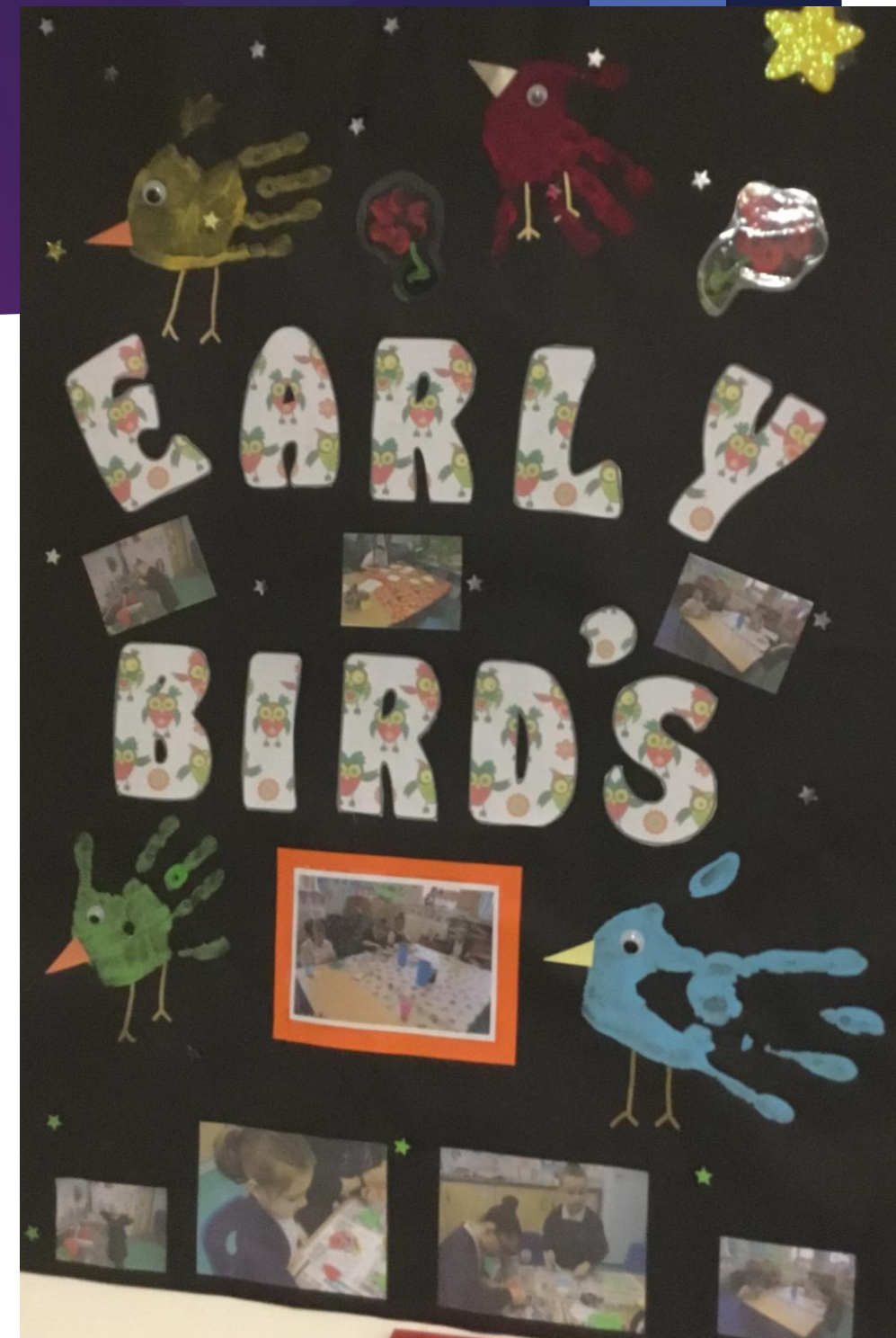
Breakfast Club 8.00 – 8.45



- ▶ Provides care for working parents.
- ▶ Provides support for FSM children.
- ▶ Provides a 'Safety Net' for children on Child Protection Plans
- ▶ Promotes independence and healthy eating.
- ▶ Social interaction between children from different year groups.
- ▶ Older children being positive role models.
- ▶ Provides stability and routine.
- ▶ Run by existing staff members who have an excellent knowledge of children and families.

Early Birds 8.30 – 9.30

- ▶ Targeting pupils with low/late attendance or those from chaotic households.
- ▶ Invitation only.
- ▶ Promotes independence, healthy eating and well being e.g. brushing teeth.
- ▶ Social interaction between children from different year groups.
- ▶ Older children being positive role models.
- ▶ Provides stability and routine.
- ▶ Run by existing staff members who have an excellent knowledge of children and families.
- ▶ Structure activities to settle children ready to learn.



Early Birds 8.30 – 9.30

One noticeable benefit has been to reduce the stress faced by some parents as they battle to organise themselves and their families.

One parent recently commented on the impact Early Birds has on her morning routine as a parent and thanked the team for providing this service. " I suffer from anxiety and depression and getting myself up and ready is a battle alone let alone sorting my two young children out. This service means I know my daughter is coming in settled and enjoying her breakfast and is ready to start school. I can go back home and then sort my younger daughter and myself out ready for the day ahead. It's one less thing to worry about."



Breaktimes 11:00 – 11:15

- ▶ Children are encouraged to have a healthy snack during breaktimes.
- ▶ We have a designated play leader (JL) who ensures a range of activities are available for all children.
- ▶ Staff members are available to ensure good behaviour and the safety of all pupils.
- ▶ We have three playgrounds available, so that all 420 pupils have enough space to play in, without feeling trapped. Two which have had the ground painted with various activities such as hopscotch and a times table grid. The third playground is designed for various ball games such as football and netball.
- ▶ Breaktime/ lunchtime have action plans that include roles and responsibilities of the Play Leader, MDSA and sports leaders (pupils) and how the playgrounds/field are set up.
- ▶ The Play Leader and MDSA attended 'Creating a Positive Playtime' course. This has led us to updating the current action plan to include the new additions to our school's Trim Trail and football pitch.



Our Playgrounds



- ▶ Our school consists of a variety of playground areas suitable for different times of the year.
- ▶ Each area contains a variety of play equipment and different markings on the ground to allow the children to play a variety of different games.
- ▶ Each Key Stage has their own playground and additionally we have the MUGA pitch which is designed for different types of ball games as well as the school field that contains the trim trail and is used when it is dry.
- ▶ We also have a designated Thrive area where children can come and take part in different Thrive activities.



Lunchtimes 12:00 – 13:25



- ▶ Hot school meals are prepared, cooked and served on the school site.
- ▶ Lunchtimes are staggered between year groups to allow all children time for outside play and to eat their dinner.
- ▶ We have experienced MDSAs who ensure the safe well being of all pupils at all times.
- ▶ We have a designated play leader (JL) who ensures a range of activities are available for all children.
- ▶ We have children from Year 5 as Reception Buddies and Corridor monitors . This allows the older children to demonstrate good behaviour to the younger pupils, as well as building stronger relationships between KS1 and KS2.
- ▶ We have three playgrounds available, so that all 420 pupils have enough space to play in, without feeling trapped. Two have had the ground painted with various activities such as hopscotch and a times table grid. The third playground is designed for various ball games such as football and netball.
- ▶ Our Thrive practitioners are on the playground with a range of Thrive activities available to all pupils that may need extra support and structure during lunchtimes. Alongside this we have Year 5 Thrive helpers, their role is to support other children in their play and help the Thrive practitioners with giving out and collecting resources.
- ▶ Teaching Assistants also provide lunchtime clubs to give children a variety of activities to participate in during lunch.
- ▶ Since our Thrive Practitioners and Teaching Assistants have started providing activities, behaviour has improved across the school.
- ▶ Miss Munford and Mrs Barker manage and assess the effectiveness of the above, as well as providing support for SEN and vulnerable pupils during this time to ensure that lunchtimes run smoothly, allowing all children to have enjoyable lunchtimes.
- ▶ A lunchtime questionnaire was written and sent out for the pupils to comment on. Miss Munford has analysed this data and comments and actions have been set ready for January 2018.

Our MDSAs

- ▶ Our MDSAs provide a vital role in supporting our children during dinner times.
- ▶ They encourage and ensure children eat a healthy meal.
- ▶ They ensure that every child is happy and help resolve any issues that may occur.
- ▶ They uphold the school rules and behaviour policies.
- ▶ The MDSA team have regular team meetings and CPD opportunities.
- ▶ Some of our MDSAs run after school clubs and support in K Club.



After School Clubs 3:15 – 4:15

- ▶ Kingsway Primary School runs a variety of different after school clubs.
- ▶ Our sports coach runs various sports based clubs targeting Pupil Premium Children, those who may have difficulty in coordination or struggle with basic PE skills and children who may not get the opportunity to participate in extra curricular activities outside of school.
- ▶ During after school clubs we are also able to develop our sports teams such as netball, football, hockey, tag rugby and cricket.
- ▶ Our clubs are open to all children and provide them with the opportunity to make friends with other pupils' from different year groups with similar hobbies to themselves.
- ▶ Some of our clubs have included: Art, Knitting, Football, Netball Paralympic sports, computers, garden explorers, multi-skills, Yoga, maths. Library skills and percussion.



After School Clubs 3:15 – 4:15



K Club 3:15 – 5:30

- ▶ K Club is our afterschool club that runs from 3:15 until 5:30.
- ▶ This club allows the majority of working parents to have their children stay in a relaxing setting until they finish work.
- ▶ K Club is run by existing staff members allowing for familiarity between children and adults.
- ▶ The children are provided with a range of fun activities as well as opportunities to relax at the end of the day. It is up to the children what they prefer to do as the staff recognise that this is a long day for younger children.
- ▶ A healthy snack is provided to children half way through the club.
- ▶ This gives opportunities for children in Key Stage 1 to play and spend time with members of Key Stage 2.

