

Personal Development at Outwood Primary Academy Greystone

At Outwood Primary Academy Greystone our aim is to set our children up with the skills they will not only need as they transition to secondary school, but will also benefit them throughout their lives.

Our personal development offer in the academy focuses on a number of key areas:

- **A planned PSHE curriculum**



Drug Education



Emotions



Being Healthy



Sex & Relationships



Changes



Bullying Matters



Being Me



Diversity



Being Responsible & Sustainable



Being Safe



Money Matters



Online Safety

- **The Outwood Diploma**

Diploma Units



Be a good British & International Citizen



Keep Myself & Others Safe



Protect & Respect the Environment



Have High Aspirations and Skills for Adult Life

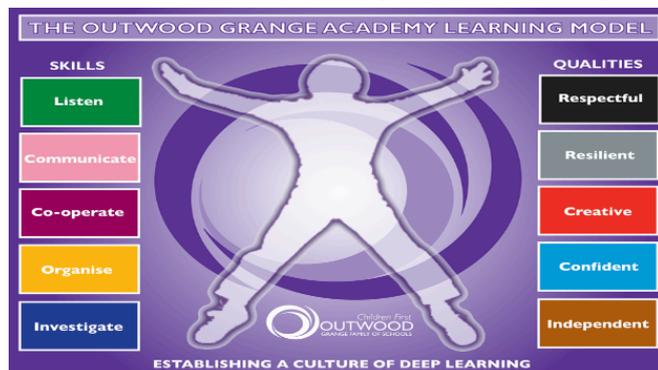


Actively Contribute to my Local Community



Lead a Healthy Lifestyle

- **Our learner model - developing skills and qualities children will need throughout their lives.**



- **Pastoral support**
- **Targeted Interventions.**

This year we are focusing on supporting the children to develop strategies for self-regulation.

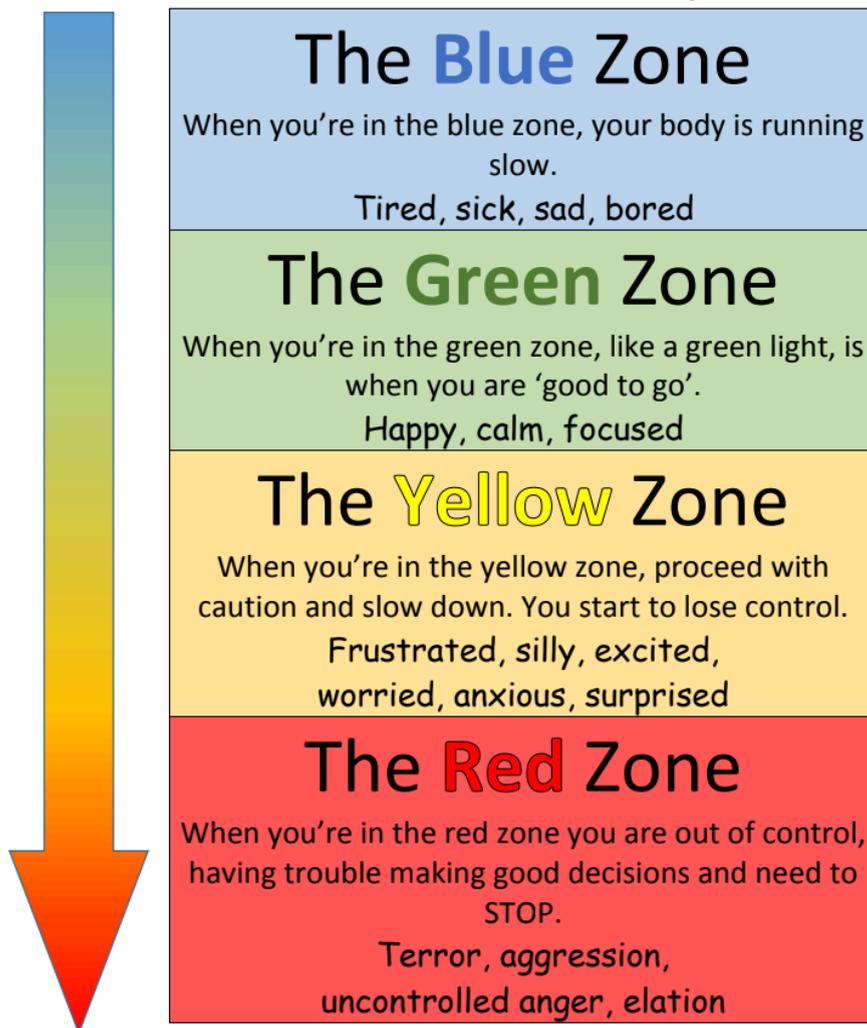
A person who can self-regulate is able to:

- remain CALM AND ORGANISED in a stressful situation. (Executive Functions)
- cheer themselves up after disappointments. (Emotional Regulation)
- knows when they are experiencing sensory overload and can make adjustments. (Sensory processing)
- understands when it is appropriate to cheer and shout and when to be quiet. (Social cognition)

Some children are finding this particularly challenging. To support them we have introduced the zones of regulation into classrooms, along with taught strategies and sensory equipment to support children in developing self regulation techniques.

The Zones of Regulation programme is a curriculum designed to foster self-regulation and emotional control. There are four zones to describe how your brain and body feels; blue, green, yellow and red. It is important to note that everyone experiences all of the zones at one time or another; the Red and Yellow Zones are **not** the “bad/naughty” zones.

These are the four zones to describe how your brain and body feels:



How to Support at Home:

- Practise calming techniques and strategies (yoga, breathing, mindfulness, baking, exercise, reading, calming music)
- Help identify emotions and have a plan or strategy to support
- Use Zones language (I can see you're in the yellow zone - how will we get back to the green zone - I will help you)
- Help identify - does the response match the problem (keeping little problems little)
- Lead by example - stay calm - identify your own emotions - share your calming techniques

Primary Learning Library

To know more about what your child is learning, you can access the Primary Learning Library via the school website <https://www.greystone.outwood.com/curriculum> under the tab Curriculum - overview, or by scanning the QR code below.



Safeguarding our children

Our safeguarding policy can be found on our school website:

<https://www.greystone.outwood.com/safeguarding>

For more information on how to spot signs of abuse and reporting please see the useful website links below:

www.nspcc.org.uk



<https://www.safeguardingchildren.co.uk/>

