

St. Peter's Smithills Dean Primary School

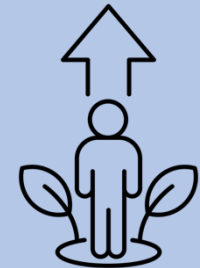


Personal Development & Wellbeing

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"Children are not things to be moulded, but are people to be unfolded"
Jess Lair

Personal development at St Peter's is about preparing every child to flourish academically, personally, socially, spiritually and physically. Through our curriculum, relationships and wider opportunities, we develop confident, compassionate and responsible young people who know that they have value, recognise the value of others and are equipped to make a positive contribution to their community and wider society. Through our values driven curriculum we ensure children leave St. Peter's ready to face the challenges of Secondary school and living in a diverse, changing and challenging world, ready to make a positive difference and flourish.



Contents

Strand	What we develop
Character & Values	Love, courage, resilience, honesty, responsibility, integrity
Spiritual Development	Reflection, awe and wonder, faith, meaning, questioning
Moral Development	Right and wrong, justice, choices, consequences
Social Development	Relationships, teamwork, communication, community
Cultural Development	Diversity, heritage, beliefs, arts, culture
PSHE & Relationships Education	Health, relationships, identity, safety, wellbeing
Mental Health & Wellbeing	Emotional literacy, resilience, self-care, support
British Values	Democracy, Rule of Law, Liberty, Respect, Tolerance
Equality & Diversity	Protected characteristics, inclusion, dignity
Physical Development	PE, sport, physical activity, healthy lifestyles
Online Safety	Digital citizenship, online risks, responsible technology use
Safeguarding & Risk	Recognising risk, seeking help, staying safe
Citizenship & Community	Service, responsibility, volunteering, community
Careers & Aspirations	Future possibilities, work, ambition and aspiration
Enrichment	Trips, clubs, visitors, performances, experiences
Leadership & Pupil Voice	Responsibility, decision-making and participation

Character Development and School Values

Our school weaves the core values of love, hope, trust, respect, and thankfulness into daily life to build strong character and support personal development. Here is how we use each value to develop our pupils:

 LOVE	We foster a warm, inclusive community where children learn empathy, kindness, and how to value others regardless of differences. This emotional foundation helps them build healthy relationships and a strong sense of self-worth.
 HOPE	We nurture optimism and ambition by teaching children to view challenges as opportunities to grow. This builds resilience and a growth mindset, inspiring them to set high goals for their future.
 RESPECT	We explicitly teach children to respect themselves, their peers, and the wider world. This helps them appreciate diversity, practice self-regulation, and resolve conflicts peacefully.
 TRUST	We create a safe environment where honesty is valued and responsibility is shared. By learning to trust themselves and others, pupils develop the moral courage and confidence to make good decisions.
 THANKFULNESS	We encourage a culture of gratitude where children regularly reflect on their achievements, friendships, and community. This builds emotional well-being, mindfulness, and a positive outlook on life.

Spiritual Development

We encourage pupils to explore their own beliefs, reflect on their experiences, and develop a sense of awe and wonder about the world. Spirituality is nurtured through RE, collective worship, creativity, and opportunities for stillness and reflection.

◆ *Linked Value: Hope — helping children see light in every situation, never give up, become resilient and believe in a greater purpose.*

Moral Development

Pupils are taught to recognise right from wrong, make responsible choices, and understand the consequences of their actions. They are given opportunities to consider moral dilemmas and develop their own principles.

◆ *Linked Values: Love and Trust — fostering a sense of empathy, fairness, honesty, and integrity.*

Social Development

Children learn to work well with others, take on leadership roles and responsibilities from a young age, and develop a sense of belonging in their school and wider community. We promote communication, initiative, creative thinking, teamwork, negotiation and social action.

◆ *Linked Value: Respect — encouraging inclusive, considerate relationships built on mutual understanding.*

Cultural Development

We value the richness of cultural diversity and help children understand and appreciate a range of cultural influences. This includes celebrating different faiths, traditions, heritage, and the arts.

◆ *Linked Value: Thankfulness — showing appreciation for the contributions of different cultures to our lives and society.*

PSHE and Relationships education

We are a HeartSmart school! HeartSmart is a creative approach that we use to build character, emotional health and resilience in children. Equipping children with foundational principles and skills that will improve their mental health and relationships and academic achievement. At St Peter's, we want everyone to know that they are loved, cared for and valued. We recognise the value of educating the heart alongside educating the mind. The lessons involve watching clips and slides linked to the unit of work and using a range of strategies to focus on the message from whole class discussions, circle time activities and independent work. However, PSHE is not simply a lesson per week as there are lessons to be learned throughout the week both in and out of the classroom when issues are

highlighted in society and when a child experiences something which may require that extra bit of nurture. (*See PSHE handbook for further details*)

Mental Health and Wellbeing

At St. Peter's we are aware of our responsibility to nurture children's mental health and wellbeing. From our behaviour approach of allowing children to reflect upon their behaviour using THINK strategies, to having a trained mental health first aider on staff, to promoting a positive mindset and using mindfulness strategies from our work with Purely Wellbeing to settle and keep them focused, we ensure children look after their mental health as well as their physical health.

British Values

Our school values—love, hope, trust, respect, and thankfulness—directly support and strengthen the fundamental British values required for personal development. By living our school values daily, pupils naturally develop the character traits needed to become responsible, civic-minded citizens in modern Britain.

Here is how our school values explicitly link to the fundamental British values:

Mutual Respect and Tolerance

- **Respect & Love:** Our core values of respect and love are the foundation of this British value. We teach children to value every individual's unique identity, automatically fostering tolerance for those of different faiths, beliefs, and backgrounds. Through love, respect moves beyond simple tolerance into genuine acceptance, kindness, and inclusive community living.

The Rule of Law

- **Trust & Respect:** The British value of the Rule of Law relies on understanding fairness and accountability. Through trust, we give pupils responsibilities and teach them to trust in the fairness of our school community. Combined with respect for school boundaries and rules, children learn that laws exist to protect, guide, and keep everyone safe.

Individual Liberty

- Hope & Trust: We use hope to build our pupils' self-esteem, ambition, and confidence, allowing them to make independent choices about their future. By nurturing trust in their own voices and abilities, we empower children to exercise their individual liberty responsibly, making safe, educated, and ethical choices in a supportive environment.

Democracy

- Respect & Thankfulness: Democracy thrives when everyone feels valued and heard. Our value of respect ensures pupils listen to opposing viewpoints, participate in school councils, and value democratic voting systems. Cultivating thankfulness encourages children to appreciate the freedom and democratic rights they hold, understanding the importance of active participation.

We teach these British values through Collective Worship and specific lessons through our PSHE curriculum.
(See our British Values overview for further details)

Equality and Diversity

At our school, equality, diversity, and inclusion sit at the very heart of our personal development curriculum. Grounded in our core values of love, hope, trust, respect, and thankfulness, we are fully committed to ensuring that every pupil, staff member, and family feels valued, safe, and celebrated for who they are.

In line with the Equality Act 2010 and fundamental British values, we actively oppose all forms of discrimination, prejudice, and bullying. We recognise that true personal development is only possible when children feel secure in their identity and are taught to appreciate the rich diversity of modern Britain.

To achieve this, we guarantee that our personal development programme will:

- Protect and uphold rights by actively eliminating discrimination and promoting equality of opportunity across all nine protected characteristics, ensuring that age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation are never barriers to safety or success.
- Provide equal access to all extra-curricular opportunities, leadership roles, and enrichment activities, removing barriers to ensure full participation for every child.

- Celebrate diversity through an inclusive curriculum that reflects and respects different cultures, faiths, abilities, and family structures.
- Foster mutual respect by teaching pupils to challenge stereotypes, speak out against injustice, and practice empathy.
- Tailor support to meet individual needs, nurturing the unique character, talents, and self-worth of every child.

By learning together in a community built on love and respect, we prepare our pupils to step out into modern Britain as open-minded, confident, and responsible global citizens.

Physical Development

Physical development at our school is about far more than fitness and sports; it is a vital pillar of our personal development curriculum where children build lifelong healthy habits and strong character. Rooted in our core values of love, hope, trust, respect, and thankfulness, our physical development programme ensures that every child learns to care for their physical well-being, appreciate their unique capabilities, and understand the joy of movement.

In line with our commitment to equality and diversity, we guarantee that all physical activities, sports, and outdoor play are fully inclusive and accessible, adapting to meet the needs of all pupils, including those with disabilities or special educational needs (SEN).

Through our physical development curriculum, we commit to:

- Nurturing self-love and well-being: Teaching children to care for their bodies through regular exercise, healthy nutrition, and positive lifestyle habits, fostering self-worth and body confidence.
- Building resilience and hope: Encouraging children to set personal health and fitness goals, view challenges as opportunities to grow, and build the stamina and determination to succeed.
- Developing teamwork and trust: Using physical activities, team games, and outdoor learning to build trust between peers, develop leadership skills, and practice reliable communication.
- Promoting fair play and respect: Ensuring pupils demonstrate sportsmanship, respect for rules, and respect for the diverse abilities of others, reflecting the fundamental British values of fairness and the rule of law.
- Cultivating thankfulness: Encouraging children to appreciate and celebrate what their bodies can achieve, building mindfulness, and recognizing the positive impact of physical activity on mental health.

By providing a diverse and inclusive physical curriculum, we empower every child to develop the coordination, confidence, and positive attitude towards health needed to lead a fulfilling, active life.

Online safety

We are committed to helping all our children explore the digital world safely, confidently, and happily. In school, we teach children how to enjoy technology responsibly, showing them how to protect their personal information, spot online kindness, and know when to take a break from screens. Most importantly, we empower our pupils to listen to their feelings and immediately tell a trusted adult if they ever see or hear anything online that makes them feel uncomfortable or confused.

Safeguarding and Risk

Children's safety, happiness, and well-being are at the heart of everything we do. We maintain a warm, highly vigilant environment where every staff member is trained to look out for your child's emotional and physical welfare. By teaching children about boundaries, safe choices, and how to speak up when they feel worried, we ensure school is a secure, nurturing space. We work hand-in-hand with families, always listening closely and acting swiftly to ensure every child gets the right support at the right time.

Citizenship and Community

We love watching our pupils grow into kind, thoughtful neighbours who care deeply about the world around them. Through fun, community-focused projects and charity work, we help children understand how to share, cooperate, and celebrate the wonderful differences that make everyone unique. By encouraging emotional literacy and teaching gentle ways to solve playground disagreements, we build a friendly, welcoming school family where every child learns the value of being a great friend and citizen. Through our work on British Values, and celebrating all this country has to offer, we develop a love of our country in the children and empower them to know how to improve the community and world around them.

Careers and Aspirations

It is never too early to start dreaming big! Our activities are designed to spark curiosity, build independence, and help children discover their unique strengths and talents. Through playful learning, exciting visitors, and well planned visits and experiences, we introduce pupils to a wonderful world of future possibilities. We want every child to leave us with a strong sense of self-belief, a love for learning, and the confidence to say, "I can do this," as they look ahead to their future.

Enrichment

We believe that childhood should be filled with magic, discovery, and new adventures. Our vibrant enrichment program offers a wonderful mix of clubs, trips, and hands-on activities that take learning far beyond the traditional classroom. Whether trying out a new sport, discovering an artistic talent, or exploring nature, children are given the freedom to choose, play, and follow their passions. These experiences are carefully woven into school life to build lasting friendships, confidence, and joyful memories.

Leadership and Pupil Agency

Even our smallest voices can make a big difference, and we make sure those voices are truly heard. We love giving our pupils real responsibilities, whether serving as a Pupil Governor within school, on our Pupil Parliament in the Trust, or simply having a leadership position in the classroom. By encouraging children to express their ideas, make choices, and lead small projects, we help them build incredible resilience and self-advocacy. This early taste of leadership helps them grow into confident decision-makers who know their ideas matter.

