

## Curriculum

Our culture and curriculum is designed to support and teach through a broad range of opportunities and experiences for all pupils:

- Specialist Music teacher Specialist Sports Coach and Apprentice
- PSHE lessons
- Art week and Art Gallery
- Singing Assembly
- Daily Mile
- Topic 'hook' days or offsite visits
- Forest School
- Termly productions: singing, dance and drama
- Class Assemblies
- Multi-cultural 'International day'
- 'South Hill Festival'
- Annual 'Feel Good' Week
- Go Noodle
- Mindfulness 'Stop and Sit'
- Year 6 Buddies for reception children
- Friendship Bench
- Picture New Assemblies
- Outdoor Opportunities: sensory trails, climbing wall, fitness trail, a balance and strength trail (Smokey Trail), and Reception have a number of climbing and sliding pieces of play equipment

## Wider Community Links

- South Hill PTA
- Cherished Charity
- St John's CofE Church, Boxmoor
- Harmon Gardening Group
- Electric Umbrella

## School Culture

- 5 Ways to Wellbeing
- Growth mindset culture
- Zones of Regulation
- Anti-bullying culture
- Just Talk culture
- Therapeutic Thinking Approach
- Reflection tables and zones



## South Hill School Emotional Wellbeing and Mental Health Strategy

How we promote and teach positive emotional wellbeing and respond to mental health needs

## Policies and Plans

- Child Protection Policy
- SEND and Inclusion Policy
- SEND Information Report
- Equality and Diversity Policy
- Positive Behaviour Policy
- Anti-bullying Policy
- On-Line Safety Policy
- Forest School Long Term Plan
- PSHE Subject Overview
- SEMH Whole School Provision Map

## Partnership Working

- Gade Family and Pupil Support
- DESC
- Intensive Family Support
- Families First
- Social Services
- Happy Holiday Club
- Watford Football Club – Empower
- Abbots Hill School
- Pets as Therapy
- Young Voices
- Dacorum School Sports Partnership
- NSPCC
- Billy's Wish

## Individual Support

When a mental health need is identified by family or in school, we have a multi-faceted spectrum of support that is employed as needed:

Worry Box/  
Monsters - in  
class support

Emotional  
Literacy Support  
Assistant

Signposting  
support for  
families to  
workshops/  
training/  
support  
consultations

Lumi Nova App

Protective  
behaviours

School Nurse  
Gade Pupil Support

School Counsellor  
SENCo

Nurture Club  
Transition Support

School Counsellor  
DESC emotional  
support  
Drawing and  
Talking Therapy

Dream  
Catchers  
Play  
Therapy  
CAMHS



## Extra-Curricular Opportunities

- South Hill PTA events
- Music clubs: Choir, Rock Steady Band
- Peripatetic Musical Instrument Teachers
- Dance: Rock Dance, Street Dance, Cheerleading
- Many varying sports clubs across the year
- Roxolid (Christian Activity Club)

## Family Support

- School Pastoral Support Worker
- School Website Wellbeing Page
- Website support signposting
- Gade Family Support
- DSPL8 – parent workshops and courses
- ADDvance – trainings and coaching
- Intensive Family Support
- Social Care
- ARC
- Dream Catchers Play Therapy