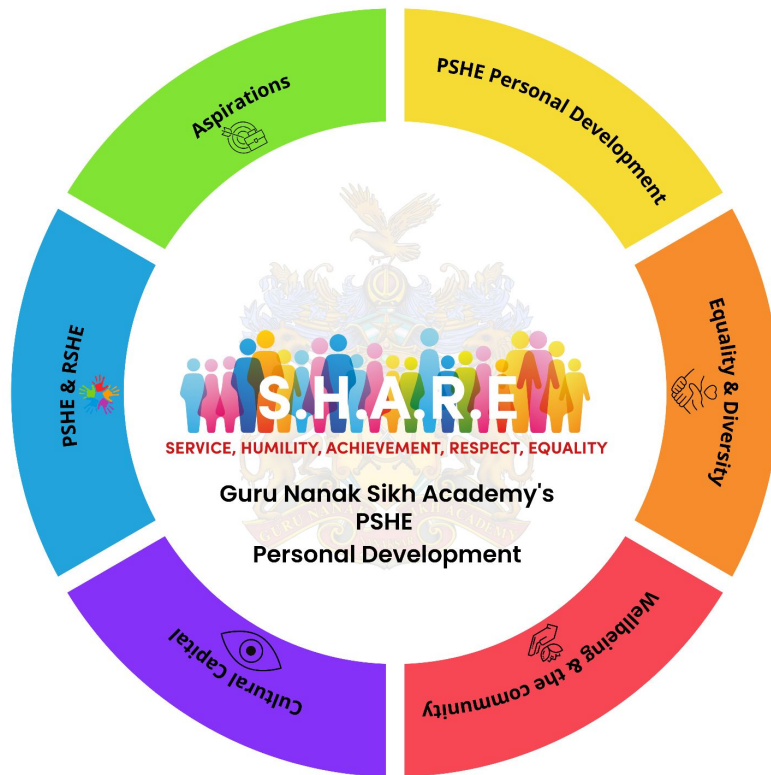


Personal Development at Guru Nanak Sikh Academy Primary Phase

“Students receive a programme that gives them the knowledge that they need to make decisions, strengthens their personality and contributes to building their character”.

At Guru Nanak Sikh Academy we believe that making advancements within each of these areas will develop our students to be kind, responsible members of society that take responsibility of their actions and to prepare students for life in modern Britain.





Aspirations

To expose pupils to the range of opportunities available to them to achieve their goals.



Cultural Capital

To develop interest and create opportunities through a range of clubs and activities within and beyond the curriculum.

To Promote British Values, SMSA and development of character and bring students out of their comfort zone.



Equality & Diversity

To promote inclusion and equal opportunities and to show respect for a diverse range of people.



Wellbeing & the community

To develop resilience and growth mindset and to build knowledge of your own health.



PSHE & RSHE

To implement a curriculum when students leave school, they do so with the knowledge, understanding and emotions to be able to play an active role in today's society both as children and in their future life as an adult.



Aspirations

To expose pupils to the range of opportunities available to them to achieve their goals.



In the Primary Phase we promote, encourage and develop aspirations through:

- Introducing pupils to role models and inspirational leaders across different areas of the curriculum
- Leadership opportunities through School Parliament, Wellbeing Ambassadors, Reading Ambassadors, Youth Travel Ambassadors, Eco Committee and Bistro Buddy roles across the school.
- Opportunities for public speaking through Open Days, assembly presentations, performances and concerts
- After school enrichment opportunities
- Author visits
- Young Writers Competition
- Choir
- Trips
- 6th Form mentoring / peer support opportunities.
- Curriculum enrichment days such as Science day linked to careers.
- Arts Award qualifications
- Attendance to Sports Events
- Inspiring guest speakers in assemblies





Cultural Capital

To develop interest and create opportunities through a range of clubs and activities within and beyond the curriculum.

To Promote British Values, SMSA and development of character and bring students out of their comfort zone.

In the Primary Phase we promote, encourage and develop cultural capital through:

- Visits from Emergency Services (Safer Schools Police)
- HSBC Finance Workshops
- Maths Challenge
- School Trips including residential
- KS2 Citizenship Event (Brunel University)
- Road Safety Awareness Workshops
- Charity Events (Children in Need, SWAT, Macmillan, Race for Life)
- Caring for animals (chicks, caterpillars, parrot)
- Dog Trust workshop
- Showcasing talents (drama, music, dance) in concerts and our annual Cultural Show
- Leadership responsibilities (School Parliament, Wellbeing Ambassadors, Reading Ambassadors, Youth Travel Ambassadors, Eco Committee and Bistro Buddies)
- Gym and Dance showcase
- Celebrating out of school achievements
- Pantomime Visits
- Art Exhibition
- Assembly calendar focusing on diverse events; including half termly British Values focus and a different music genre per half term.
- The Faith and belief Forum
- Patron Saint Days are calendarised and progressive focuses are learnt each year



Equality & Diversity

To promote inclusion and equal opportunities, where pupils celebrate and respect diversity.



In the Primary Phase we promote, encourage and instil the values of equality and diversity through:

- Our School SHARE Values
- RE lessons where we learn about all faiths and celebrate diversity
- The Faith and belief Forum
- Celebrating International Women's Day
- Celebrating Anti-Bullying Week
- Odd Socks Day celebrating what makes us all unique
- School Parliament Elections
- Visits from other schools and visiting other schools to share culture and religion
- Assembly calendar includes links to British Values and gives opportunity to promote inclusion and celebrate diversity.
- Wellbeing Ambassadors lead assembly for 'International Day of Disabilities' to pupils and parents.
- Coffee Mornings with external representatives; Sikh Neurodiversity network, Hillingdon Parent Carer Forum, Aasra Trust etc.
- Diversity is mapped into the curriculum through including diverse significant figures.
- Library books and reading corners represent diversity.



Wellbeing

To develop resilience and a growth mindset for pupils to nurture their own mental health and wellbeing.



In the Primary Phase we promote, encourage and develop well being through:

- Promoting World Mental Health Day and other key events
- Launch of The Nest
- Wellbeing Award Accreditation
- Zones of Regulation used across the school.
- Weekly wellbeing curriculum sessions
- SHARE worry boxes in classrooms
- Tootoot online platform in KS2
- PSHE, PE and Science links to health mind and healthy bodies
- A-Life Fitness Workshops
- Walk to School Week
- Weekly assemblies to celebrate achievements (VIP/Writer/Super star awards)
- School parliament - pupil voice
- Wellbeing Zone in the playground
- Half termly parent meditation
- Wellbeing Ambassadors



PSHE & RSHE

To implement a curriculum where pupils acquire the knowledge, understanding and emotions to be able to play an active role in today's society.



In the Primary Phase personal development is promoted in our PSHE and RSE curriculum through:

- Topics related to living in the wider world (finance, work, discrimination, laws)
- Topics related to physical health and wellbeing (keeping safe, importance of sleep, dental hygiene, growing and changing bodies)
- Topics related to positive, safe and healthy relationships (families, friendships, respecting differences, consent)
- Links to safeguarding and sharing any worries (Colour Monster, Tootoot & SHARE boxes)
- PANTS Lessons and Assemblies
- Anti-Bullying week (including Secondary pupils leading assemblies)
- Life Skills Challenges
- Road Safety week
- Working with the Wellbeing Ambassadors
- Parent workshop to support RSE delivery
- A life workshops to support drugs, alcohol and diet topics.
- Puberty talks and free pads offered to pupils.



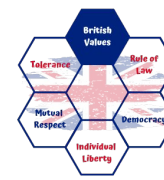
Aspirations	Cultural Capital	Equality & Diversity	Wellbeing	PSHE & RSHE
<ul style="list-style-type: none"> Introducing pupils to role models and inspirational leaders across different areas of the curriculum Leadership opportunities through School Parliament, Wellbeing Ambassadors, Reading Ambassadors, Youth Travel Ambassadors, Eco Committee and Bistro Buddy roles across the school. Opportunities for public speaking through Open Days, assembly presentations, performances and concerts After school enrichment opportunities Author visits Young Writers Competition Choir Trips 6th Form mentoring / peer support opportunities. Curriculum enrichment days such as Science day linked to careers. Arts Award qualifications Attendance to Sports Events Inspiring guest speakers in assemblies 	<ul style="list-style-type: none"> Visits from Emergency Services (Safer Schools Police) HSBC Finance Workshops Maths Challenge School Trips including residential KS2 Citizenship Event (Brunel University) Road Safety Awareness Workshops Charity Events (Children in Need, SWAT, Macmillan, Race for Life) Caring for animals (chicks, caterpillars, parrot) Dog Trust workshop Showcasing talents (drama, music, dance) in concerts and our annual Cultural Show Leadership responsibilities (School Parliament, Wellbeing Ambassadors, Reading Ambassadors, Youth Travel Ambassadors, Eco Committee and Bistro Buddies) Gym and Dance showcase Celebrating out of school achievements Pantomime Visits Art Exhibition Assembly calendar focusing on diverse events; including half termly British Values focus and a different music genre per half term. The Faith and belief Forum Patron Saint Days are calendarised and progressive focuses are learnt each year 	<ul style="list-style-type: none"> Our School SHARE Values RE lessons where we learn about all faiths and celebrate diversity The Faith and belief Forum Celebrating International Women's Day Celebrating Anti-Bullying Week Odd Socks Day celebrating what makes us all unique School Parliament Elections Visits from other schools and visiting other schools to share culture and religion Assembly calendar includes links to British Values and gives opportunity to promote inclusion and celebrate diversity. Wellbeing Ambassadors lead assembly for 'International Day of Disabilities' to pupils and parents. Coffee Mornings with external representatives; Sikh Neurodiversity network, Hillingdon Parent Carer Forum, Aasra Trust etc. Diversity is mapped into the curriculum through including diverse significant figures. Library books and reading corners represent diversity. 	<ul style="list-style-type: none"> Promoting World Mental Health Day and other key events Launch of The Nest Wellbeing Award Accreditation Zones of Regulation used across the school. Weekly wellbeing curriculum sessions SHARE worry boxes in classrooms Tootoot online platform in KS2 PSHE, PE and Science links to health mind and healthy bodies A-Life Fitness Workshops Walk to School Week Weekly assemblies to celebrate achievements (VIP/Writer/Super star awards) School parliament – pupil voice Wellbeing Zone in the playground Half termly parent meditation Wellbeing Ambassadors 	<ul style="list-style-type: none"> Topics related to living in the wider world (finance, work, discrimination, laws) Topics related to physical health and wellbeing (keeping safe, importance of sleep, dental hygiene, growing and changing bodies) Topics related to positive, safe and healthy relationships (families, friendships, respecting differences, consent) Links to safeguarding and sharing any worries (Colour Monster, Tootoot & SHARE boxes) PANTS Lessons and Assemblies Anti-Bullying week (including Secondary pupils leading assemblies) Life Skills Challenges Road Safety week Working with the Wellbeing Ambassadors Parent workshop to support RSE delivery A life workshops to support drugs, alcohol and diet topics. Puberty talks and free pads offered to pupils.





British Values

Embedded across the curriculum and all aspects of wider school life



In the Primary Phase, we develop and promote the fundamental British values throughout our school and within our curriculum. These values are embedded through our school ethos and SHARE values. A key part of our plan for education is to ensure children become valuable and fully rounded members of society who treat others with respect and leave school fully prepared for life in modern Britain.

Rule of Law	Democracy	Individual Liberty	Mutual Respect	Tolerance for those of different faiths and beliefs
<ul style="list-style-type: none"> -School behaviour policy -Home/ school agreements -Class rules -Visits to schools from public services (e.g. police/fire service) -E-Safety/Cyber bullying – taught through the curriculum 	<ul style="list-style-type: none"> -School Parliament Elections -Class voting -Debating in lessons -Circle time -Pupil voice -Parent voice -Class rules 	<ul style="list-style-type: none"> -PSHE – personal responsibility, choices, ambition and aspiration -EYFS activities encouraging free choice -Lessons on how to keep safe including online through E-safety assemblies, E-safety week, PSHE lessons outside agencies -Elements of choice in the school canteen within healthy boundaries -Active listening promoted in the school to other opinions -Promote the choice to perform in shows such as the annual event at the Beck Theatre 	<ul style="list-style-type: none"> -School SHARE Values -Lessons on how behaviour has an effect on their own rights and those of others -Our World lessons celebrating similarities and differences across all religions -PSHE and assemblies focusing on equality regardless of faith, ethnicity, disability, gender or sexuality, etc -Anti-bullying week -Stories from different cultures -Positive relationships encouraged and modelled -Charity events – Macmillan, Race for Life, Heart Foundation, Children in Need, Comic/Sport Relief and donations to SWAT 	<ul style="list-style-type: none"> -School SHARE Values -Through PSHE Curriculum and assemblies -Circle time and reflection -RE lessons celebrating similarities and differences across all religions -Visits to other places of worship / external speakers -Inviting parents who celebrate different festivals -Focus weeks to learn about life & cultures of other countries e.g. Olympics, Football World Cup, Chinese New Year

