






VINES Curriculum – PSHE – My Happy Mind

<p>Instil the Gospel, our school and British Values by providing valuable learning opportunities that build upon knowledge and skills</p> 	<p>Inspire children to reach their full potential and create articulate and independent learners</p> 	<p>Nurture a love of learning and self-worth</p> 	<p>Encourage resilience and determination</p> 	<p>Success - showcase skills in a safe, inclusive environment</p> 
<p>My Happy Mind RSHE supports the instilling of Gospel, school, and British Values by providing meaningful learning experiences that nurture respect, kindness, and resilience.</p> <p>Through its structured approach, pupils develop self-awareness, empathy, and a sense of responsibility—key qualities that reflect the teachings of the Gospel and our school ethos.</p>	<p>The My Happy Mind RSHE scheme inspires our children to reach their full potential by empowering them to understand themselves, manage their emotions, and develop a positive mindset.</p> <p>Through engaging lessons and reflective activities, our pupils build confidence, resilience, and self-belief, enabling them to become articulate, independent learners who take ownership of</p>	<p>Whilst following the My Happy Mind RSHE scheme, we aim to nurture a love of learning and a strong sense of self-worth by helping children recognise their unique strengths and celebrate their achievements.</p> <p>Through lessons that promote positivity, gratitude, and emotional wellbeing, pupils develop confidence in themselves and a genuine enthusiasm for learning, enabling</p>	<p>RSHE at St Teresa's encourages resilience and determination by equipping our children with the skills to manage challenges, persevere through setbacks, and approach difficulties with a positive mindset.</p> <p>Through reflective discussions and practical strategies, pupils learn to build inner strength, develop problem-solving abilities, and remain motivated to achieve their goals, both in learning and in life.</p>	<p>The My Happy Mind RSHE curriculum allows for success by creating a safe, inclusive environment where every child feels valued, supported, and empowered to thrive. Rooted in the latest neuroscience and positive psychology, the programme helps our pupils understand how their brains work, build emotional resilience, and develop healthy habits for lifelong wellbeing.</p> <p>Through its structured modules—Meet Your Brain, Celebrate, Appreciate, Relate,</p>

<p>The programme also promotes understanding of mutual respect, individual liberty, and tolerance, helping children build upon their knowledge and skills to become confident, caring, and active members of both St Teresa's and their wider community.</p>	<p>their personal growth and learning journey.</p>	<p>them to flourish both in school and beyond</p>		<p>and Engage—our children are given opportunities to showcase their strengths, practise key social and emotional skills, and grow in confidence. St Teresa's nurturing approach enables all of our learners to experience success, express themselves positively, and contribute to our caring and respectful school community.</p>
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