



Knowle CE Primary Academy



SMILE



AGENDA

*Five Ways to Wellbeing -
Feeling Good and Coping with Challenge*

Our School Aims

Preparing Children for the Future

so that they may experience....

'Life in all its fullness'

RATIONALE

There is mounting evidence that schools are facing a mental health crisis in the classroom. It is believed that 1 in 6 children/young people now have a diagnosable mental health disorder and an overwhelming majority of school leaders have reported an increase in the last five years in the number of students experiencing anxiety, stress, low mood or depression.

Our pupils are facing more pressures than ever before, including pressure to do well in school, social media and cyberbullying and pressure over body image.

We can play a crucial role in developing the skills our pupils need to cope and flourish in today's world. In addition, children with better health and wellbeing are likely to perform better academically.

As a school, we aim to deliver excellence in education and want the very best holistic outcomes for our pupils so that they can achieve their fullest potential. More specifically, as a Church school, our vision is deeply Christian and rooted in the teachings of Jesus who promised us '**life in all its fullness**'. It is our belief that an outstanding curriculum for our pupils must promote '**life in all its fullness**'. With this in mind, we aim to incorporate the NHS 'Five Ways to Wellbeing' into our provision using S.M.I.L.E.

Through our SMILE Agenda, we encourage children to recognise their responsibilities as citizens, play an active part in school life, take care of their environment, engage with and contribute to the local community so that they may develop their understanding of the mutual interdependence of the wider global community to which they belong. Our pupils are enabled to develop a positive sense of well-being and to develop spiritually so that they may leave the academy emotionally secure, eager to learn, socially adept, academically successful and with an age appropriate understanding of how to lead a safe and healthy life.

Our Values

The following values are shared, owned and understood by our whole school community, including parents, governors, pupils, and staff. We have adopted St. Paul's analogy of 'The Fruit of the Spirit' which are our core Christian values and underpin the ethos of the school. These values are evident in **S.M.I.L.E.** and are explicitly identified where appropriate.

LOVE

Care for one another unconditionally.

JOY

Find joy not just in earthly things and not from triumphing over someone else, but rather through counting our blessings, growing an appreciative heart, and knowing how precious each of us is to God.

PEACE

Know that we are safe in God's hands no matter what may happen.

PATIENCE

Act with grace, tolerance and forgiveness.

KINDNESS

Show people that they matter and that they have value by giving time, listening, showing empathy and concern.

GOODNESS

Help others and stand up for others who cannot stand up for themselves.

FAITHFULNESS

Be trustworthy and reliable and trust in God.

GENTLENESS

Be considerate and understand how powerful we are and the damage we can do if that power is not under control.

SELF-CONTROL

Learning to be responsible for ourselves - and the importance of holding ourselves in check even in difficult situations.

Five Steps to Mental Wellbeing

S Socialise (Connect)

We connect with the people around us, our families, friends, neighbours and our community. We spend time developing these relationships.

KINDNESS PATIENCE

M Move (Be Active)

We keep active at school and at home. We aim to pursue physical activity we enjoy.

I Interest (Take Notice)

We develop our curiosity and ask questions. We aim to notice the beautiful or the unusual. We practice 'Mindfulness' – being 'in the moment', being aware and reflecting on our feelings and experiences.

JOY

L Learn (Keep Learning)

Learning is good for us! We endeavour to try new things or take on new responsibilities. We set ourselves challenges that we will enjoy achieving. We aim to become more confident with each new success.

SELF-CONTROL

E Engage (Give to Others)

We aim to do something nice for a friend or a stranger. We say 'Thank you' and **SMILE!** We aim to volunteer and give our time, looking out as well as in. We try to make a contribution to the wider life of our school, our family and our community.

LOVE KINDNESS GOODNESS

Curriculum Review

As part of our curriculum review (2020-2021), we identified areas of strength and areas for improvement within our curriculum, with specific reference to SMILE. As part of this process, we found our pupils had many opportunities to meet the 'move', 'interest' and 'learn' elements of SMILE. Our curriculum therefore evolved to provide further opportunities for our pupils to develop social responsibility, meeting the 'socialise' and 'engage' elements of SMILE. Our SMILE work completed in each year group can be found below.

SMILE within our Curriculum

S.M.I.L.E in Year One



Throughout the academic year, pupils will focus on the **SOCIALISE**, **INTEREST** and **ENGAGE** elements of wellbeing. A focus on religious and cultural connectivity will be realised by concentrating on a theme of 'celebration and Good News'. Opportunities to include: the study of world religions focussing on Christianity and Judaism and the variety of ways in which followers connect with each other to celebrate their faith. All fundraising for the year will be linked to Knowle Parish Church's charities, with a focus on caring for our environment including the Great Big Green Week and litter picking.



By the end of the academic year pupils should have: extended their relationships and connected with a range of people from a variety of faith traditions; improved their understanding of how each religion chooses to 'celebrate' and pass on its stories, values and beliefs and to have volunteered and given their time to raise money to support their chosen charities, making a contribution to the wider life of the global community.

S.M.I.L.E in Year Two



Throughout the academic year, pupils will focus on the **ENGAGE** and **SOCIALISE** elements of wellbeing. A focus on inter-generational connectivity will be delivered through a range of opportunities to include: developing relationships with a local retirement home, using curriculum **WOW** events as a stimulus to build these relationships, and, through the study of the African continent, explore how different cultures and traditions pass on their history from generation to generation - oral history. All fundraising for the year will be linked to supporting children/families in Africa e.g. Water Aid.

By the end of the academic year pupils should have: extended their relationships and connected with a range of people across the generations; improved their understanding of how each generation 'teaches' the next and have volunteered and given their time to raise money to support their chosen charities, making a contribution to the wider life of the global community.



S.M.I.L.E in Year Three



Throughout the academic year, pupils will focus on the **SOCIALISE**, **INTEREST** and **ENGAGE** elements of wellbeing. Explicit links will be made through the 'Inspirational People' and 'Plants Against Poverty' topics for learning, and children will develop relationships with a local Oxfam branch. Children will learn about the inspirational people who work within Oxfam and will produce writing to promote this charity. All fundraising throughout the year will be for Oxfam. This will include a cake sale in the Spring Term and an enterprise project in the Summer Term.

During their enterprise project, children will raise money by growing their own plants, decorating and selling plant pots, serving canapés for their parents and will be delivering a musical performance.

By the end of the academic year pupils should have: extended their relationships and connected with a wider range of local people; taken time to notice the beauty of plants and flowers, spending extended periods of time in the nurturing and caring process; have contributed to a project designed to positively impact on the wider community through the charitable fundraising it supports.



S.M.I.L.E in Year Four



Throughout the first two terms of the academic year, pupils will focus on the **SOCIALISE**, **LEARN** and **ENGAGE** elements of wellbeing. They will use the 'Lord's Prayer' - "Give us this day our daily bread," as their inspiration and motivation to become more involved with their local community and to support those less fortunate than themselves. As they prepare to lead the Harvest Service at Knowle Parish Church they will be considering how they might use the tradition of 'harvest gifts' to support the genuinely needy by linking with the local 'Food Bank',

donating their time as well as their harvest food. As part of their 'Chocolate' topic, they will begin to explore the notion of 'fair trade' and start to recognise that we can influence the market place by the choices we make when we buy food. The local 'Food bank' will be the focus for their fundraising events. By the end of the academic year pupils should have: connected with people around them whose circumstances are very different from their own; they will have taken on new responsibilities having volunteered and given their time to help those in need. They will have started to appreciate that by making certain choices they can influence the health and wellbeing of others far beyond their local community.



S.M.I.L.E in Year Five



Throughout the academic year, pupils will focus on the **INTEREST** and **ENGAGE** elements of wellbeing. They will become the academy's 'Eco Warriors', responsible for challenging and supporting themselves, the school and the wider community to support sustainability. All pupils will be involved in leading a whole school project to minimise food waste at lunchtime, helping Knowle to reduce its overall carbon footprint.



By the end of the academic year pupils should have: developed their curiosity and appreciation of the natural beauty of the world they live in and recognised the role they have in helping to protect it. They will have volunteered and given their time to raise money to support local charities linked to food waste.

S.M.I.L.E in Year Six



Throughout their final year at Knowle, Year 6 pupils will focus on the **ENGAGE** and **SOCIALISE** elements of wellbeing. By the end of Year 6, pupils will have volunteered and given their time to raise money for the Royal British Legion. They will begin by understanding the significance of the charity by learning from its members and visiting the National Memorial Arboretum. In November, pupils will have the opportunity to be involved in the dedication of the cenotaph of Knowle High Street and will sell poppies to raise money for Remembrance. Explicit links between the RBL and work in school will be made within the WWII focus for learning in the Spring Term, culminating in a VE Day-themed celebration at the Royal British Legion, Knowle branch.

By the end of the year, pupils will have also extended their relationships and connected with a wider age-range of local people. They will work alongside members of Knowle Historical Society to learn about life in Knowle during World War Two, developing their understanding of the impact of war at a local, as well as at a national and international level.

The Year 6 children will contribute to the wider life of their community by using their Geography and English skills to inspire Year 2 pupils to raise money for WaterAid and, at Christmas, they will write and deliver Christmas letters to elderly members of our local community



SMILE within EYFS



S.M.I.L.E in Nursery

Throughout the academic year, pupils will focus on the **SOCIALISE, MOVE, INTEREST, LEARN** and **ENGAGE** elements of wellbeing. During our time in Nursery, we develop positive relationships with both adults and our peers. These warm, caring, and consistent relationships help us to feel safe and secure and provide us with the opportunity to develop our sense of self, feeling valued and understood. We begin to understand how we can manage our emotions, set ourselves simple goals and gain confidence in our own abilities.

We learn through rich opportunities both inside and outside the classroom where we explore, investigate, and discover. These memorable learning experiences promote creativity, independence and most importantly enjoyment!

By the end of the academic year pupils should have: gained a strong sense of self and belonging to our 'Nursery Family.' Pupils will begin to understand the wider community to which they belong to and understand ways they can give to others and nurture their relationships. Pupils begin to move from the 'I' to the 'We' and are prepared for their next stage of their journey into Reception.



S.M.I.L.E in Reception



Throughout the academic year, pupils will focus on the **SOCIALISE, MOVE, INTEREST, LEARN** and **ENGAGE** elements of wellbeing. During Reception, we learn through all 7 areas of the curriculum about developing ourselves as individuals, as members of a class and as a part of our school. We begin to understand the importance of thinking of others, working collaboratively and sharing our feelings, thoughts and ideas in a nurturing environment. We explore using all of our senses and immerse ourselves in play and learning opportunities in our classrooms and outdoors.

By the end of the academic year pupils should have: Developed their sense of self and how this fits into our class community in school, begun to understand that they are also part of a wider community along with their families and friends, developed confidence to explore the world around them and have asked questions and engaged in a variety of learning experiences



SMILE REVIEW Following Reintroduction in 2021-2022

Key Highlights and Achievements:

Engage (Give to others)

- Many opportunities provided for children to engage with local/national charities
- Over £4000 raised for good causes, including:
 - £1427.19 raised for Royal British Legion by Year Six, through their Poppy Appeal and their Poppy Fun Run
 - Knowle were the highest fundraising school for Knowle branch of RBL
 - £505 raised for Water Aid by Year Two and Year Six, through Africa Afternoon (Y2) and Digital Appeals (Y6)
 - £704 for the Foodbank was raised by Year Four's Chocolate Enterprise Evening
 - 420Kg of food parcels delivered to Sparkhill Foodbank, equivalent to £706, donated via Year Four's Harvest Appeal
 - Knowle was the biggest contributing school to foodbank this year
 - 1,536.11 raised for Oxfam by Year Three. This included Y3's Ukraine Appeal, Cake Sale, fun run and Plants Against Poverty Event
- Year Five monitored food waste at lunchtime, raised awareness across school, supported younger children within the dining hall and managed to gradually reduce waste over the year
- Year Three Book donation to Oxfam Store in Knowle

Socialise (Connect)

- SMILE Agenda successfully interwoven into school curriculum, enabling children to connect with a greater range of people. This included:
 - Year Two strengthened relationships with Eleanor Lodge Residential Home, by making bespoke Christmas Cards within their DT work, before visiting residents to deliver cards and sing Christmas Carols
 - Representatives from Sparkhill Foodbank attended Year Four's Chocolate Enterprise Evening
 - Knowle Historical Society visited Year Six to share local experiences of WW2
 - All children in Year Three took part in an Oxfam Workshop
 - Year Three took part in Oxfam's Climate Justice Campaign, using art lessons to produce a banner which was displayed at Glastonbury Festival

- Year Three's maths lesson used to count money raised from Ukraine Appeal. Selected children visited Lloyds Bank to deposit funds
- All children in Year Five worked alongside a graffiti artist to produce artwork to promote positive environmental messages - these will now be displayed in school
- Reintroduction of visits to places of worship (N/Y2 Church, Y1 Synagogue, Y5 mosque)
- Visitors to school from members of local community to broaden children's understanding of religion (Hinduism in Reception, Sikhism in Y4, Judaism in Y6, Christianity in Y1,4,5,6)
- Nursery designed and decorated a wedding dress which was displayed in the Marie Curie Charity Shop on Knowle High Street

Interest (take notice)

- Mindfulness activities for all children as part of PSHE curriculum
- Zones of Regulation trialled as an intervention to enable pupils to better understand their feelings/emotions and to select from a range of regulating strategies

Learn (keep learning)

- School curriculum published with clear Intent/Implementation strategies
- Knowledge Organisers introduced to enable children to understand the key knowledge that underpins units of work

Move (Be active)

- Full extra-curricular sports programme offered, including teacher run clubs and clubs run by local sports coaches
- Frequent opportunities for pupils to work with specialist, sport specific coaches throughout the academy, including cricket, tri-golf, tag rugby, indoor athletics, athletics and cheerleading
- Strong links to the South Solihull School Sports Partnership (SSSSP), provided pupils with opportunities to attend a range of inter-school competitions and festivals. These events are created to ensure the competition environment is positive, with young people's enjoyment at the heart of the experience. The events fall into three categories: ENGAGE- non-competitive festivals created to inspire those pupils who would most benefit from a positive physical activity festival. DEVELOP- for those who enjoy friendly competition but do not want to solely focus on winning

and losing. **COMPETE**- events for pupils who are competitive in nature and enjoy performing and competing against others.

- Half-termly intra-school competitions implemented where pupils earn points for their school house and individual pupils are celebrated for demonstrating the School Games Values of Passion, Honesty, Determination, Teamwork, Self-Belief and Respect
- Culmination of our intra-school competition with a School Games Day where all pupils took part in a range of sporting activities
- As part of our Arden Sports Partnership, pupils in Years 1-6 received coaching from local youth sport leaders and attend competitions alongside other local primary schools
- Year Six 'Play Leaders' received training through our SSSSP, enabling them to lead active games for younger children at lunchtimes
- Staff have ensured movement breaks are incorporated into classroom-based lessons
- All children in Y1-6 took part in a range of sports as part of our 'Glorious Festival of Culture and Sport' to celebrate the Commonwealth Games in Birmingham

Main Drivers for 2022-2023

Move (Be Active)

- Reorganisation of Lunchtime Provision / Extended Service Provision to promote further physical activity for children; Get Fit Coaching to oversee Playleader supervision at lunchtimes and to provide additional clubs in Extended Services. Get Fit Coaching also to support delivery of afternoon PE sessions, providing tailored coaching and small group support/extension.

Socialise/Engage

- Further Development of the SMILE Agenda within years One and Five, to ensure regular opportunities for children to 'engage' and 'socialise' throughout the year
- Reintroduction of Y4's visits to a Foodbank, enabling all pupils to see the inner workings of the bank and to participate in the packaging of food parcels

- Full programme of visits to a full range of places of worship
- *Governors' Afternoon Tea Programme*