



# Healthy Heads Education

Supporting the growth of children through character education and personal development.

**2023/24 Academic Year**





# Welcome to Healthy Heads Education

Healthy Heads Education is a well-established provider of PSHE within Primary Schools across the UK.

Our programmes give children the opportunity to grow through positive learning and development whilst building emotional literacy skills

We pride ourselves in supporting the growth of children through character education and personal development, and we apply our core values to our everyday classroom practice, which are:

**Integrity**

**Positive  
Relationships**

**Growth Of  
People**

Our cross-curricular programmes are driven by our values and aim to support the development of the whole-child with a holistic approach to growth and learning. Through our innovative lesson structure, that combines both PSHE and physical activity, class teachers are able to observe, evidence and build-on teachings across our programmes.

Similarly, we apply the same values to offer support to teachers through the delivery of a CPD programme where staff can discuss pertinent topics around mental health to better manage the pressures that teachers and children face on a regular basis.

**Contact  
Us**

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Healthy Heads Education offers fully comprehensive PSHE programmes to build emotional literacy skills and support positive mental health in children.



Our programmes for children include a combination of classroom learning and physical activity, that incorporates individual, peer-to-peer and group based tasks to engage with all types of learners.



Our innovative lessons support teachers and gives them the opportunity to evidence both PSHE and elements of PE objectives. Our programmes cover three different areas of focus.



## Character Education

Available to Years 1 to 6

Our longest standing, highly successful programme helps children to be more aware of what it means to be a good person in society.



## Personal Development

Available to Year 6

Our Personal Development programme engages learners with more in-depth topics relating to personal growth and helps students to prepare for their transition to high school.



## British Values

Available to Years 1 to 6

Our British Values programme helps children to understand values such as democracy and liberty to help support their growth and understanding of citizenship.



# Character Education

“Building good character in children is often overlooked in education, but is an important part of PSHE. This development within children can help with all aspects of life and education.”

In-line with the PSHE curriculum, our 5-week character education programme facilitates learning at all age and ability levels. Children have the opportunity to progress through a programme of study that focusses on health and wellbeing, and relationships, to build character through value based learning.



## Key Stage 1: Years 1 & 2

The KS1 programme is based around the teaching of 5 key values and includes a storytelling aspect within the classroom. The 5 key values are:

Self-Esteem

Resilience

Kindness

Positivity

Teamwork

Within the physical activity elements, children will continue the story-based theme by completing multi-skill games to not only reinforce the PSHE messages in a practical setting, but to also work on their agility, balance and co-ordination in-line with the Key Stage 1 P.E. Curriculum.

## Key Stage 2:

Character Education in KS2 comprises of a lower KS2 and Upper KS2 programme. Teachers have the opportunity to choose 5 bespoke values from a number of different options to tailor learning directly towards class needs, school values or areas of the PSHE curriculum that hasn't been covered in class. The list of values that teachers can choose are:

### Lower KS2

- Character (intro)
- Honesty
- Resilience
- Teamwork
- Relationships
- Empathy
- Confidence
- Empathy
- Respect
- Growth-Mindset
- Self-esteem
- Independence

### Upper KS2

- Confidence
- Positivity
- Respect
- Working Hard
- Fairness
- Character Intro
- Relationships
- Self-esteem
- Growth-Mindset
- Resilience
- Teamwork
- Decision-Making

Within the physical activity elements children will continue learning the PSHE messages whilst completing multi-skill activities and team invasion games in-line with the Key Stage 2 P.E curriculum.



# British Values

The 5 week British Values programme is available to years 1 to 6 and covers topics included within the Government 'Prevent' strategy.

As all schools must now have a clear strategy for embedding British Values, this programme prepares children for the opportunities, responsibilities and experiences of later life.



*"Pupils should be expected to have an understanding of how citizens can influence decision-making through the democratic process and an appreciation that living under the rule of law protects individual citizens."*

Promoting fundamental British Values as part of SMSC in schools, DfE, 2014

The combination of classroom learning and physical activity provides an innovative way of engaging children in this area of learning, whilst delivering the expectations from the government in regards to British Values. The topics covered are:

 Democracy

 Election Day

 The Rule of Law

 Respecting Different Faiths and Beliefs



 Individual Liberty

Following the close of the programme, schools will be provided with resources supporting extra-curricular activity, including those being ran directly by pupils, in regards to promoting fundamental British Values.

# Personal Development

Our 5-week Personal Development programme is available to year 6 and covers PSHE topics relating to mental health and Living in the wider World.

Children will learn about key topics to support with their development as an all-rounded person, whilst preparing them for a transition to secondary school. The combination of both classroom and physical activity gives children the opportunity to access learning in a number of different environments. The topics covered are:



Rights and Responsibilities

Community

Digital Health

Money

Aspiration

During the physical activity elements to the programme, children will take part in team based activities that involve working together with others to promote positive social interaction. This will therefore strengthen and consolidate their understanding of such topics. Children will begin to understand the tools needed to progress from Primary School and continue their development through Secondary School and into adulthood.



# Mental Enrichment Day

Healthy Heads has partnered with the Yogi Group to offer a mental enrichment day to schools, with a focus on improving mental wellbeing and the awareness of mental health for all children across school.

Children will take part in a number of activities throughout the day, which includes emotional literacy workshops, yoga and mindfulness, as well as resilience and team games. This innovative, multi-organisational programme can be used to support a health or sports week or at anytime during the school year.



## Whats included?

- 🕒 Workshop 1 - Mental Health
- 🕒 Workshop 2 - Yogi Group Yoga Exercise
- 🕒 Workshop 3 - Resilience & Teamwork
- 🕒 Workshop 4 - Growth Mindset (Keystage 2 Only)



WE PROVIDE NUTRITIONAL WORKSHOPS TO YOUR SCHOOL, FAMILIES AND CHILDREN. WE HAVE A NUMBER OF PROGRAMMES AND DELIVERY OPTIONS THAT ARE AVAILABLE ON REQUEST.

[healthyheadseducation.com](http://healthyheadseducation.com)





# Mental Health Programme (Teacher CPD)

Healthy Heads Education has partnered with Kataholos Learning to offer a bespoke mental health programme to teachers as part of their continued professional development.

Focussing on YOU the teacher and how to support the CHILDREN in your class. This experience offers more than just a workshop: it offers teachers a holistic, engaging approach to mental health with further ongoing support. This programme has been designed to keep mental wellbeing a longer-term focus within school.



## Whats included?

- 🕒 2 hour face-to-face workshop that includes four topics:  
'The Gap' 'The Battery' 'Stress' 'Anxiety'
- 📺 15 videos containing supporting material provided to staff
- 📧 Ongoing support to teachers via email and phone



## What are the benefits?

- Teachers will have the opportunity to gain a greater understanding about stress and anxiety, both professionally and personally.
- Staff will receive new, innovative ideas to help manage stress and anxiety.
- The programme helps to create / enhance / maintain a holistic approach to mental wellbeing within school.

# Digital Well-being Support

Our Digital Wellbeing Support provides teachers the opportunity to access a number of resources to look after themselves and share best practices across our network.

This is delivered to your school via a monthly subscription, which gives all staff access to

our online support for the full academic year. Our Digital Wellbeing Support comprises of three different access points:



## Mental Health Programme Online

All staff will have online access to our Mental Health Programme (Teacher CPD), which means that teachers can complete the course at their leisure, whilst being able to revisit the content an unlimited number of times'.



## Wellbeing Network

Teachers from across our network will gain access to a closed Facebook group that provides weekly resources, videos and referenced work from industry professionals. Teachers from different schools can network and share best practice through this online community.



## Kataholos Podcasts

Through our partnership with Kataholos, teachers will have FREE access to the Kataholos podcast series, which covers topics such as mental health, leadership, success, goal setting, motivation. Teachers will be able to listen to these short voice clips at their convenience.

# Our Partners



## Our Testimonials

*"An extremely valuable and necessary programme very much in-line with the needs of children at this age (Yr 6 - 10/11 year olds)"*

Clifton Primary School, St Annes on Sea, Fylde

*"Our children love Healthy Heads. The lessons are fun, informative and energetic! Children from years 1 to 6 look forward to each lesson and feel that they are able to discuss their feelings, beliefs and understanding on topics pertinent to their mental health."*

St Mary's Catholic Primary School, Fleetwood

*"The children benefitted from conversations and scenarios on respect. This is valuable lesson. The activities were fun and engaging and suggestions were directly linked to them"*

St Bernadette's Primary School, Lancaster

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