Our PSHE Subject Leader





My Name is Mrs Hansen, I am the PSHE Subject Leader.

My passion / personal experience with my subject

I am passionate about children's mental health. I believe that we must give children the tools so that they can thrive in this modern world and be the best versions of themselves.

Experiences in Our School

We have recently introduced the 'My Happy Mind' NHS approved scheme. It is taught across five modules and each introduces a new set of content and habits to help the children build resilience, self-esteem and confidence. Our lessons are taught across the school every Monday afternoon and the children love their lessons. They are really engaged and particularly love the characters that they are introduced to. It is wonderful to see to benefits of the programme in action, particularly for those children who suffer from anxiety. "Happy Breathing" has become a part of our school mantra.

Hopes and Goals in my subject

We hope to build on the benefits we are already seeing across school. I would like to incorporate some enrichment days that focus on key aspects of the training- gratitude, setting goals, appreciation etc to help children develop lifelong habits and learn to thrive.

Subject governor: Mrs France

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