

# Relationship Curriculum Statement

## Learning

As a learner, over time, the children will learn to:

- Recognise their triggers in different situations
- Understand how their body and brain react to the different situations it has to cope with.
- Reflect on their emotional and behavioural responses to different situations.
- Make relationships that they understand.
- Utilise skills, strategies and resources which are available to help with their self-regulation.

## Environment

We will utilise reduced class sizes, increased staffing, SALT communication and sensory audits, Educational Psychology sensory audits.

## Curriculum offer

Through the Jigsaw curriculum and the PSHE curriculum we offer opportunities to explore all aspects of personal, social, health and emotional development. Children learn to be members of a class team and understand being a member of the wider school community. This will be presented in all relationship opportunities such as; PSHE, Play, Jigsaw, pupils classes, school assemblies and whole school themed events consistently offered. The curriculum offer will be regularly monitored.

**When learners leave Willow Grove they will have had opportunity to:**

- Develop attachments and relationships with adults that they understand to be supportive of their needs.
- Understand how their body works when it is coping with stresses.
- Recognise their triggers and how they respond to those triggers.
- Rehearse a range of appropriate strategies to support self-regulation.

At Willow Grove we recognise that all learners have an entitlement to a curriculum that develops their most significant needs.

We believe that through our curriculum offer we will nurture and support our learners to grow emotionally and mentally in all areas of life. We will provide experiences to enable them to go on to learn, achieve and succeed.

## Co-regulation and self-regulation

The adults will recognise that some children cannot self-regulate and so will provide co-regulation with reflection. Children will begin to trust the adults supporting them. Over time they will create or utilise learnt strategies that supports their own self-regulation.

## Understanding their bodies.

The Science curriculum will include greater depth around how bodies develop over time and how each organ works to support our emotional and mental health development. The Jigsaw curriculum will provide emotional literacy and the opportunity to explore their feelings and emotions.

## Relationships

Relationships with the adults in Willow Grove are key to emotional growth. We will provide consistent support to the emotional reactions of the children. Their reactions to triggers will be understood to express unmet need and the adults will respond with strong boundaries, emotional warmth and support. We recognise the need for reflection on incidents to allow all parties in the relationship to be supported.

## Opportunities

We will facilitate opportunities for Counselling, Play Therapy, Theraplay and a Whole class Play offer

## Restorative approaches

Using a range of natural consequences we will uphold firm boundaries that support learning. With support over time the children will understand the impact of their actions. They will be supported to place value on and to repair relationships.