



Personal Development at Regent Farm





Our Core Values

At Regent Farm First School, we believe that learning is a lifelong journey filled with curiosity, adventure, and creativity. We want children to have a genuine passion for learning and develop a resilience to overcome challenge. As a whole school community, we aim for our children to be ambassadors for fairness and respect: to change the world with the knowledge, skills and confidence they have learnt here. Above all it is our vision that children are happy, confident individuals who can communicate effectively and thrive in anything they put their mind to – now and in the future.

This vision is reflected in our core values: respect, curiosity, teamwork and determination. Each alien has a story behind them which were developed by the children. These values link to our weekly award assembly and certificates which are presented to children when they display these qualities.

Respectful Ray

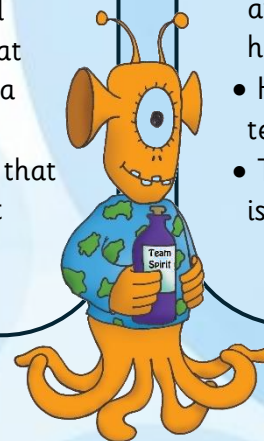
- Her umbrella shows the qualities we think are important when you are showing respect; manners, kindness, compassion, patience and empathy.
- The big ears show how we should always listen. Being respectful is about listening to others and understanding their views and beliefs.
- She has a big heart to show that she is kind-hearted and thinks about other people's feelings. It also reminds us that when you are kind and respectful to others it gives them a good feeling inside their own heart.
- She is waving and has a big smile because Ray is aware that body language is so important when showing you respect others.



Respect

Teamwork Tag

- The World is on tag's jumper to remind us that we work with teams at all levels: our peers, families, the local community and the whole World. If we work together, we can learn so much from each other.
- Tag has a big eye because he knows it's important to be aware of everything that's happening in his team; this helps him learn from others.
- He carries a bottle of Team Spirit to remind him that his team is at the centre of all his decisions.
- Tag has lots of legs so he can stand up for what he believes is right for his team.



Teamwork

Determination Dee

- Dee is dressed as an explorer to show that life is a bit like an adventure and we need to be determined to face each new day. It also reminds us that we can feel like we are climbing a mountain when we are faced with a challenge.
- The alien is smiling to show an important part of determination is to keep on smiling when things are getting difficult.
- Her head is shaped like an arrow to show she is determined to follow the right direction.
- Dee carries a cane to show that sometimes we all need specific equipment to help us achieve our goals.
- The multi-coloured boots on each of her feet remind us that sometimes we must take many steps to reach our goals.



Determination



Curious Cog

- Cog likes to ask questions. He has a nose to sniff out ideas and a magnifying glass to hunt out clues.
- He has lots of eyes because he likes to look at things from different angles.
- He has two wings because he is ready to take off in search of answers at any time.
- Cog also wears a tool belt carrying all the equipment he might need; he is prepared for anything!



Curiosity





PSHE / RSE



Today's children are growing up in an increasingly complex world, navigating life both on and offline. While this brings exciting opportunities, it also presents challenges and risks. To thrive, children need the knowledge and skills to stay safe, stay healthy, and manage their academic, personal and social lives positively. At Regent Farm, a central part of our mission is to develop well-rounded children with strong moral foundations. Through our curriculum, we aim to help pupils build a positive sense of self, reflected in the way they behave, form relationships and interact respectfully with others.

Our PSHE curriculum begins in the Early Years and is carefully sequenced so that knowledge and vocabulary are introduced, revisited and strengthened at every stage of a child's learning journey. Learning is organised into three key areas: Relationships Education, Health and Wellbeing, and Living in the Wider World.

Our teachers make PSHE creative, engaging and discussion-rich, giving children a voice and encouraging them to think deeply about their place in the world. Floor books are used to capture, celebrate and display pupils' learning, demonstrating the thoughtful conversations, ideas and personal development that takes place across the school.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	In Early Years, we focus on the core areas of PSHE: making relationships; self-confidence & awareness; and managing feelings & behaviour. Through our daily activities we teach children to demonstrate friendly behaviour, having the skills and confidence to initiate conversation and form good relationships. We give children the skills to ask questions, listen/play with other people respectfully and begin to appreciate that their actions can have consequences.					
Year 1	What is the same and different about us?	Who is special to us?	Who helps to keep us safe?	What can we do with money?	How can we look after each other and the world?	What helps us stay healthy?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How can we manage risk in different places?	How can our choices make a difference to others and the environment?	How will we grow and change?



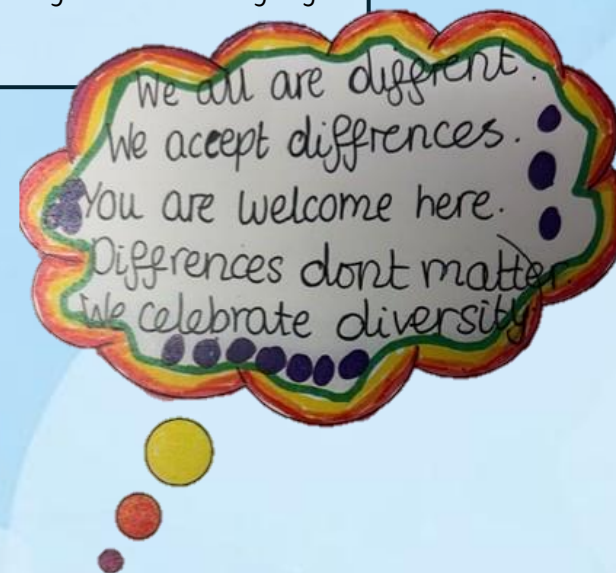
No Outsiders

NO
OUT
SIDERS

At Regent Farm, we are incredibly proud to be a No Outsiders school; the ethos sits at the heart of who we are and what we value, and the work aligns perfectly with our PSHE curriculum.

The No Outsiders approach uses carefully chosen, age-appropriate storybooks to help children explore topics such as diversity, inclusion, kindness, and respectful relationships in a way that is accessible and meaningful to them. These texts spark thoughtful discussion, encourage empathy, challenge stereotypes, and help pupils see the richness in the differences that make each of us unique. We also use a range of diverse texts throughout our teaching to ensure children are exposed to a variety of cultures, authors and faiths.

The principles of No Outsiders align closely with our core values, especially respect, by teaching children that everyone has a place, everyone is valued, and everyone belongs. By embedding this ethos throughout school life, we nurture confident, compassionate children who recognise the importance of treating others with dignity and fairness, both now and in the future.





Protected Characteristics



Protected characteristics are things about us that make us who we are. The law says that everyone should be treated fairly, and nobody should be unkind to someone because of these things.

At Regent Farm, we teach the children to think of them as special parts of people that we must respect, just like we respect people's feelings, belongings, and personal space.

Learning about protected characteristics is woven throughout life at school; it helps children understand and respect the diversity of the world around them. We teach these characteristics in an age-appropriate way to ensure children understand that everyone is unique and everyone deserves to be treated with kindness and fairness. By exploring these ideas, children develop empathy, challenge stereotypes and build strong, positive relationships. Most importantly, it helps every child feel valued, confident and proud of who they are.



 Gender	 Who you choose to love	 Age
 Disability	 How you choose to present yourself	 Family Differences
 Pregnancy	 Race	 Religion or Belief



School of Sanctuary



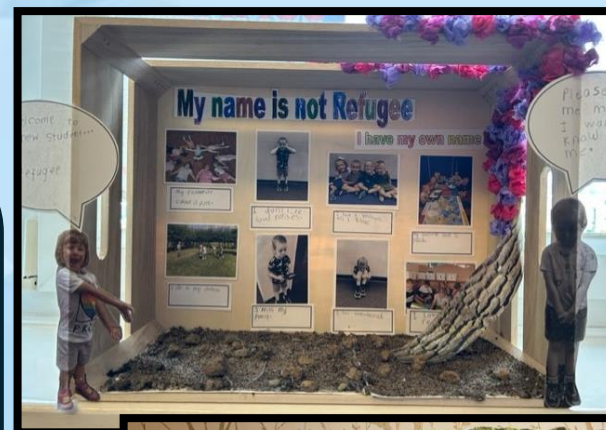
School of
SANCTUARY AWARD
Welcoming People Seeking Sanctuary

Regent Farm is proud to be recognised as a School of Sanctuary, championing the belief that the UK should be a welcoming place of safety for all. We are committed to creating an environment where everyone feels secure, valued and supported; especially those seeking sanctuary.

At Regent Farm, we actively promote a culture of compassion and inclusion, extending a warm welcome to all families. We work to build empathy, understanding and awareness across our school community, encouraging children, staff and parents to stand together in offering kindness and support to those seeking sanctuary.

Through our curriculum, we help pupils understand what it means to seek sanctuary and the challenges faced by refugees and people seeking asylum. We explore themes such as human rights, diversity, inclusion, and migration, ensuring children develop a strong sense of global citizenship and responsibility. Each year, we also take part in National Refugee Week, deepening pupils' understanding and strengthening our commitment to ensure all are welcome. As part of this week, we complete a school-wide project each year. Last year we created a scene in a box which represented our learning. For example, Year 3 created a contrasting scene which represented the emotions before and after a family had fled war. This year each year group were asked to think carefully about the items they would choose to give to a refugee arriving in our country, with the aim of making them feel welcome and cared for in our school community. The projects always encourage thoughtful discussions about compassion, inclusion, and the importance of helping others feel at home. This work is part of our commitment to being a School of Sanctuary, and supports our International School Award; promoting a culture of welcome and safety for all.

We are proud to be a school where safety, acceptance and inclusion are at the heart of everything we do.



International School Award



Assemblies



Our assemblies are carefully planned throughout the year to strengthen and enrich our children's personal development. They reinforce our school values by exploring them through stories, celebrations and real-life examples. By hearing consistent, meaningful messages, children gain a clear understanding of what these values look like in their everyday lives.

Assemblies often link to No Outsiders stories, fundamental British Values, or support children's understanding of protected characteristics. They also provide opportunities to discuss current news and global events, frequently using high-quality resources from Picture News. In addition, assemblies promote and celebrate the religious and cultural diversity within our school community; we regularly welcome the local Reverend to lead assemblies and share insights from faith and community life. Other visitors also join our assemblies to link to special events in school for example we might have an author, musician or actors performing in front of the whole school.

Each week, we hold a celebration assembly where children proudly share their awards and achievements with the rest of the school. Coming together in this way helps pupils feel part of our school family, encourages them to value and celebrate one another's successes, and provides valuable opportunities to build confidence and strengthen relationships.





Oracy



At Regent Farm, we place a high value on developing strong oracy skills because confident communication opens doors to future opportunities and plays a vital role in children's personal development.

As a Voice 21 school, we are committed to strengthening speaking and listening skills across all year groups so that every child learns to express themselves clearly, listen respectfully and engage thoughtfully with others. Our whole-school approaches, such as Vocab Ninja, help pupils build a rich and ambitious vocabulary, giving them the language they need to communicate ideas with confidence.

We also use targeted interventions, including communication boxes, LEGO therapy and pre-teaching, to ensure all children receive the support they need to develop their oracy skills further. Through this consistent, school-wide focus, we aim to empower every child to find their voice, participate fully in learning and carry these essential life skills with them into the future.





Trips and Visits



Regent Farm has an extensive offer of educational visits and trips across every year group which are closely aligned to our curriculum. These opportunities extend learning beyond the classroom and offer real-life experiences that help children grow socially, emotionally and academically. By exploring new places and engaging in hands-on activities, children develop curiosity, confidence and independence, qualities that cannot be fully nurtured through classroom learning alone.

Trips also encourage pupils to work together, solve problems and communicate effectively, strengthening teamwork and resilience. They also help children make meaningful connections between what they learn in school and the wider world, deepening their understanding of communities, cultures and environments. Importantly, these shared experiences create lasting memories, boost self-esteem and open pupils' eyes to future possibilities, broadening their horizons and inspiring ambition. In this way, trips and visits are a powerful part of personal development, helping children build the knowledge, skills and character they need to thrive.





Experiences In School



In addition to the educational visits we take beyond the school gates, the wider experiences we bring into school play an equally important role in supporting children's personal development. Enriching activities held annually, such as pantomimes and live music concerts, spark joy and creativity, while giving children valuable exposure to live performances.

Throughout a child's time at Regent Farm, we also welcome a wide range of visitors into school to enhance learning and broaden experiences. Visits from authors inspire a love of reading and writing, showing pupils that their ideas, creativity and voices matter. Workshops led by mathematicians and coding experts develop problem-solving skills, resilience and curiosity, and help children to see future career pathways they may not otherwise encounter. Encounters with animal handlers nurture empathy, responsibility and respect for the natural world. Visits from 'real-life superheroes' (such as police officers, nurses, dentists and fire officers) promote safety or health awareness, a sense of responsibility and further future career aspirations. Historians bring learning to life, helping pupils make meaningful connections with the past and better understand their place in the wider world.

These rich and memorable experiences help to build confidence and deepen understanding. They also ensure that all pupils have equal access to opportunities that nurture their interests, curiosity and sense of self-worth.



Roles and Responsibilities

By giving children meaningful roles at school, we help them to feel a strong sense of responsibility, belonging and pride within our school community. Children learn that their actions really do matter and that they can make a positive difference to the life of the school and the wider community. Electing children for responsibilities around school also supports children's understanding of democracy as we hold mini elections for roles such as school council.

These experiences also nurture important life skills such as leadership, teamwork, and problem-solving. Through taking on responsibility, children build confidence and see first-hand how having a voice can help bring about change. These roles also offer valuable opportunities for younger children to look up to, learn from and be inspired by their older peers.





Clubs

At Regent Farm we are very proud of the clubs we offer: the range is wide and varied, giving children the chance to explore their interests and discover new passions. Through taking part in clubs, children develop confidence and determination, while also building friendships. Clubs encourage teamwork and help children to develop healthy habits, social skills and a positive attitude to learning.

These clubs enrich school life, support children's wider development and ensure that there is something for everyone to enjoy beyond the classroom. We carefully monitor attendance at clubs and aim for all children to take part in at least one extra-curricular activity.

Our clubs change termly, an example of those on offer is shown below:

Basketball

Football

Karate

Cricket

Dance

Mini-Athletics

Movement To Music

Eco Stars

Noticing Nature

Lego Coding

Breakfast Blast

Debating

Art Club

Choir

Ukelele

Gosforth Voices

Keyboard

Rock Steady





Careers



We believe that career education should begin at a young age to help raise aspirations and broaden children's understanding of the world around them. Through our 'Small Steps: Dream Big' project, pupils are introduced to a wide range of jobs, including roles they may never have heard of, helping them to imagine exciting possibilities for their futures.

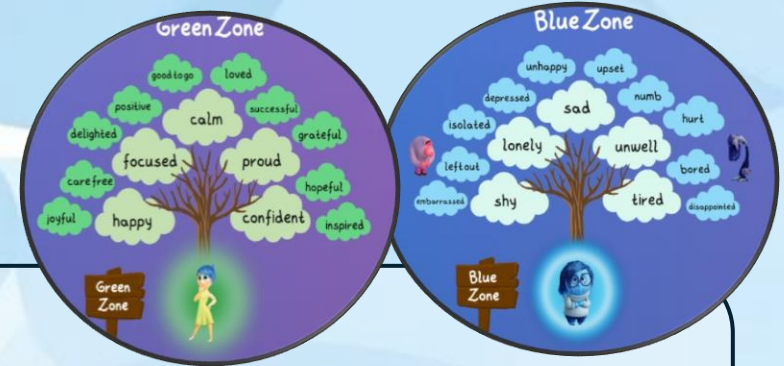
By starting these conversations early, we encourage children to dream big, believe in themselves and recognise that there are many different routes to success. Alongside this, we focus on developing transferable skills such as communication, teamwork and problem-solving, equipping our pupils with the confidence and adaptability they will need to thrive in an ever-changing world.

Throughout our curriculum we invite different professions into school and celebrate significant people, both current and historic. Staff at school also present information about the careers they had before they began working at Regent Farm to help children understand that people may have many jobs through their lives.





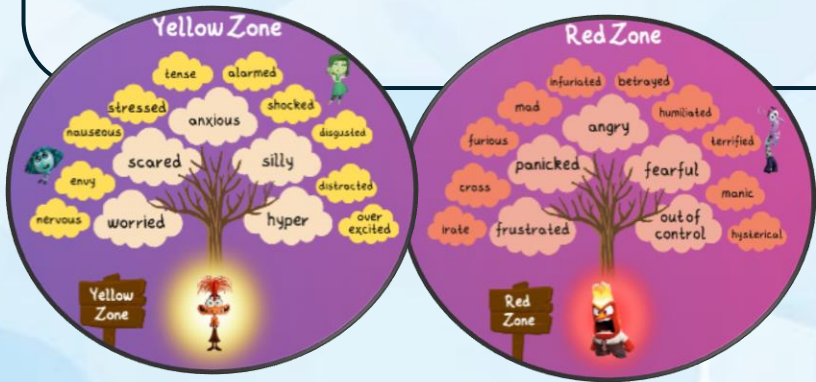
Mental Health and Wellbeing



The mental health and wellbeing of our children is one of our highest priorities, and we use a clear, phased approach to ensure that every child receives the right support at the right time. Across school, all classrooms use the Zones of Regulation to help children understand and manage their emotions, supported by dedicated calm boxes containing practical strategies and resources. Children are taught a range of breathing and calming techniques, and each year we hold a Rainbow Regulation Week, which places a special focus on wellbeing strategies such as the power of music, positive mindset and self-regulation.

Each summer, our whole-school topic theme 'Healthy – Inside and Out' reinforces the importance of both physical and mental health, helping children to understand how to look after their overall wellbeing. We also recognise that there are times when children and families may need additional support. Our Support Beyond the Classroom offer enables timely access to professionals such as nurses, play therapists and counsellors, within a familiar and comfortable school setting. We are proud to have the Healthy School Award because of our whole school commitment to physical and mental health.

Mrs Doonan, our SENCo, is an accredited Senior Mental Health Lead, and all staff receive regular training in areas such as trauma-informed practice, PACE, wellbeing and anxiety. To further support our pupils, we provide a dedicated counselling room, two sensory rooms and a sensory garden, ensuring that children have access to safe, supportive spaces whenever they need them.



Healthy School



Support Beyond The Classroom



At Regent Farm, we understand that families may face times in their life when they need extra support for a wide range of reasons, therefore we also have a package of wider help available.

To ensure families can access the right support quickly and effectively, we've partnered with a team of highly skilled professionals who regularly visit our school. These experts are available to work directly with parents and children, offering timely guidance without the long waiting lists often associated with external services.

School Nurse

Lego Therapists

Speech and Language Therapists

Educational Psychologist

Play Therapists

Counsellors

Attendance and Welfare Support

Sensory Circuit Specialists

