

Date Reviewed	May 2023
Review Date	May 2024

Agreed by: Learning and Achievement Committee

Date: 18/05/23

Name: Sally Evans

Signature:



## Personal, Social, and Emotional Development (PSED) Policy – May 2023



At Highfield Nursery School, we believe that children's personal, social, and emotional development (PSED) is fundamental to their overall well-being and success. Our PSED policy is designed to ensure that all children receive high-quality support to develop their self-esteem, emotional regulation, and social skills.

### UNCRC Rights and Responsibilities

We are committed to upholding the United Nations Convention on the Rights of the Child (UNCRC) and ensuring that all children have their rights respected and fulfilled. Our PSED policy is built on the foundation of UNCRC principles, which include the rights to:

- Protection from all forms of discrimination
- Freedom of expression and thought
- Safe and secure environment
- Access to education and healthcare
- Active participation in decision-making processes

We recognise that with rights come responsibilities, and children are encouraged to be independent and take responsibility for their own learning and well-being while respecting the rights of others. For example, the children discuss their Right to Play, whilst understanding the responsibilities of sharing, listening to their friends and looking after the toys as well as tidying away at the end of a session.

An example of a child taking their learning home and sharing with family, when Frankie stood up at a family gathering and said

*'everybody! It is your right to speak but it is your responsibility to listen!'*

### The Highfield Resilience Tracker

We use the Highfield Resilience Tracker to assess children's emotional well-being and resilience regularly. The tracker helps us identify areas where children may need additional support and tailor our PSED programme to meet their individual needs. The tracker also provides parents with valuable insights into their child's emotional development.

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## The 6 Highfield Dispositions

As part of our PSED programme, we have identified six Highfield Dispositions that we believe are key to children's success in learning and life. These dispositions are Communication, Collaboration, Creativity, Curiosity, Persistence, and Marvelling.

**Communication:** We believe that effective communication is crucial to personal, social, and emotional development. We encourage children to express themselves confidently and respectfully, listen actively, and build positive relationships with others. Staff at Highfield support this through close nurture and co-regulation as children develop the skills of self-regulation.

**Collaboration:** Collaboration is about working together towards a common goal, respecting others' contributions and opinions, and learning from each other. We provide opportunities for children to collaborate through group activities, problem-solving exercises, and play – both indoors and outdoors for prolonged and uninterrupted parts of the day.

**Creativity:** We value creativity and encourage children to explore their imaginations and express themselves in different ways. We provide opportunities for children to engage in creative activities such as expressive art, music, active drama, and storytelling.

**Curiosity:** We believe that curiosity is the driving force behind learning and development. We encourage children to ask questions, explore, and discover the world around them. We provide opportunities for children to engage in open-ended activities and experiments that promote curiosity and discovery. A big philosophy question is displayed weekly by the front entrance to the nursery to encourage children to chat, talk and discuss with family before starting nursery each day. The question is linked to our story curriculum core texts.

**Persistence:** Persistence is about having the determination and resilience to overcome challenges and achieve goals. We encourage children to persevere in their learning, take risks, and learn from mistakes. We provide opportunities for children to practice persistence through challenging activities and problem-solving exercises.

**Marvelling:** Marvelling is about being amazed and curious about the world around us. We encourage children to appreciate the beauty and wonder of nature, art, and culture. We provide opportunities for children to marvel at the world through sensory experiences, exploration, and discovery.

By nurturing these six Highfield Dispositions, we aim to support children's personal, social, and emotional development, and equip them with the skills and attitudes they need to thrive in learning and life.

## The PSED Educational Programme

Our PSED educational programme is based on the Department for Education (DfE) statutory framework for the Early Years Foundation Stage (EYFS). We follow Development Matters and the three prime areas of learning set out in the framework, which are communication and language, physical development, and personal, social, and emotional development, as well as all specific areas.

Our PSED programme aims to:

- Develop children's self-esteem and self-confidence
- Promote positive behaviour and social skills
- Encourage children to manage their feelings and behaviour
- Support children's emotional well-being and resilience
- Build positive relationships and respect for others
- Encourage children to understand and appreciate diversity

We achieve these aims through a range of activities and strategies, such as group time, role play, storytelling, mindfulness exercises, and emotional regulation techniques.

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### Personal, Social and Emotional Development - Vocabulary

As part of our commitment to supporting children's personal, social, and emotional development (PSED), we believe it is important for children to develop a vocabulary to express their emotions and understand the feelings of others. Here are some key vocabulary words and phrases that we introduce and reinforce throughout our PSED programme:

Emotions	Social Skills	Resilience	Self-esteem	Feelings and Behaviour
Happy Sad Angry Frustrated Excited Scared Worried Calm	Sharing Taking turns Empathy Respect Kindness Friendship Cooperation Communication	Perseverance Positive attitude Coping strategies Self-reflection Learning from mistakes Growth mindset	Confidence Belief in oneself Positive self-image Self-worth	Identifying feelings Understanding triggers Managing emotions Positive self-talk Problem-solving

By introducing and reinforcing these vocabulary words and phrases, we help children build their emotional literacy and develop the language they need to express themselves and understand others. Through regular practice and reinforcement, children become more confident and resilient in their interactions with others and in managing their emotions, however, we recognise that we are not limited to the vocabulary in this list and will support children to develop the language they need throughout their time at Highfield Nursery School.