ST THOMAS MORE
VC ACADEMY

THE STM WAY

PERSONAL DEVELOPMENT

Love - Compassion - Resilience - Honesty

Mission Statement

"Love God with all your heart, with all your soul, with all your mind and with all your strength and love your neighbour as you love yourself." (Mark 12:30-31)

STM Way Virtues

Love – Kindness- Resilience - Honesty

St Thomas More VC Academy exists to help parents and carers educate children spiritually, morally, physically and academically as well as possible.

We aim to be a truly Christian community, where our school community is built on love, kindness, resilience and honesty.

Our religious life is rooted in the faith, practice and moral teaching of the Roman Catholic Church.

Each person in our community is specially valued and has an important part to play in making sure that we live out our mission.

What is personal development?

As a school we are very proud of our commitments to personal development and our deeply embedded 'STM Way'. Underpinned by our core Catholic virtues and faith, the 'STM Way' encompasses both the taught PSHE and RSE curriculum as well as our 6 threads of personal development:

- Mental Health and Well-being
- Physical Health and Well-being
- Future Aspirations
- Performing Arts
- Global Awareness
- Pupil Leadership

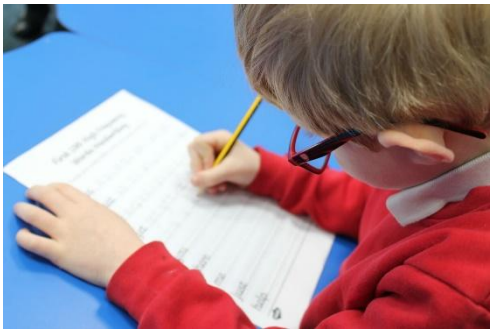
These areas cover a range of experiences and opportunities which we provide for the children to ensure their personal development.

We ensure that throughout our curriculum there are Cultural Capital opportunities to explore and deepen their knowledge of the British Values further, to understand their place in society and prepare them for life beyond St. Thomas More.

PSHE AND RHE

Life to the Full

Our PSHE and RSE curriculum is supported by the'Jigsaw' and 'Life to the Full' resources. These lessons take place weekly and support the children through a variety of whole class, small group and individual activities to explore a wealth of topics to support their holistic development and wellbeing. We teach pupils to recognise and manage online and offline risks as well as teach them about healthy relationships and that sexual harassment of any kind is not tolerated.



MENTAL HEALTH AND WELLBEING

At St. Thomas More Academy, we are committed to supporting the emotional health and well-being of our pupils and staff.

We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At St. Thomas More we:

- promote self-esteem and ensure children know that they are valued individuals
- encourage children to be confident and 'Be all they can be'
- help children to develop emotional resilience and to manage setbacks
- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- promote the importance of being kind and working together
- help children socially to form and maintain relationships teamwork to build community links.

To support mental health, each year the school holds a mental health week which teaches the children how to have a happy and healthy mind.
The school are also credited members of the National Online Safety Association and regularly promote strategies for positive mental health online for not only children but for parents and carers as well.

The school runs several individual and small group intervention sessions to support children with their mental health and well-being on a deeper level. Our DSL is trained in ELSA and uses her skills to work with identified individuals that may need additional support.
The school work closely with CAHMS and other outside agencies so that children with individual needs receive the correct level of support. This is also used to support families were needed.

PHYSICAL HEALTH AND WELLBEING

At St. Thomas More' Academy, we are hugely committed to supporting the physical health and well-being of our pupils. We understand the importance that physical health has on quality of life as well as the benefits that physical health can have on mental and emotional well-being. For the third year running we have achieved the Platinum award through our Hull Active Schools Partnership.

Some of the strategies and activities we use to support and develop this are:

- Achieving Hull Active Schools' '**PLATINUM'** award two years in a row.
- By providing weekly curriculum physical education
- By offering a range of sporting clubs both after school and during lunchtimes
- By having a strong partnership with Hull FC to support our PE curriculum and wider sporting opportunities for pupils
- By providing pupils with the opportunities to compete against other schools
- By having a range of equipment activity at break and lunchtime for pupils to engage in active play
- By developing a culture of recognising the importance of physical health such as celebrating sporting achievements at our Over and Above assembly
- By signposting pupils towards local clubs and physical activities which take place after school, at weekends and during holidays
- By providing healthy and well-balanced school meals at lunchtime and within breakfast club
- By educating pupils around being healthy through our science curriculum
- By providing pupils with the opportunities to plan, prepare and cook healthy meals through our DT curriculum

FUTURE ASPIRATIONS

By the time our students 'graduate' from school, we want to ensure that they have been provided with a wealth of opportunities that will support their personal development and open their eyes to what they could achieve in their lives. At St. Thomas More' we will provide pupils with opportunities to explore the world around them to help them find their place in a world beyond St. Thomas More'.

At St. Thomas More' we will provide pupils with the following opportunities:

Embark upon an exciting journey which takes them far from home, staying in another part of the country for at least a night.

Step forward and take the lead to organise something which is important to them and make a positive difference to others.

Develop their confidence through public speaking, performing or competing against others.

Have meaningful experiences linked to workplaces, universities, colleges, employers. Interact with professionals to help them shape future dreams and aspirations that have no limits.

Open their inquisitive minds by visiting galleries, museums, theatres, live sporting events, ballets, operas, the seaside, historic sights, local wonders and our capital city, London.

Build their own personal libraries and love of reading, this will be started by buying, reading, reviewing and sharing books which have been purchased with a World Book Day voucher.

Use devices to safely access the virtual world and learn how to code, communicate and learn with students from across the country and the world

Develop many skills and talents and take advantage of support to excel in swimming, sport, riding a bike, learning a musical instrument or communicating in another language.

Building toolkits for life by learning first aid, map reading, gardening, money management and cooking skills.

Help change the world by getting involved in an environmental project which makes our planet greener.

See the world from other people's points of view by experiencing different cultures, tasting different foods, listening to and debating difficult ideas, visiting religious buildings and exploring different faiths and beliefs.

Showing kindness and compassion and making a difference to others by participating in a charity, social action or community project linked to Catholic Social Teaching which supports people in my local community.

PERFORMING ARTS

At St. Thomas More' we really value the performing arts. Through providing pupils with a variety of opportunities we aim to develop performing, presentation and production skills. By providing pupils with a wide range of experiences within the performing arts of music, drama and dance we develop many vital characteristics to broaden our pupils' horizons.

Each class will work with NAPA performing arts theatre groups for a half term.

RSC drama workshops followed by the rehearsal and performance of a play in conjunctions with Hull Truck Theatres and The Royal Shakespeare Company

Instrumental music lessons including woodwind, brass, cello and guitar.

Curriculum music lessons delivered by class teachers and specialist music staff from St Mary's College.

Musical concerts performed in front of the school and parents.

Christmas plays and productions.

A Year 6 leavers production.

GLOBAL AWARENESS

At St. Thomas More' we understand the importance of giving our children opportunities to learn about our world. We strive to raise pupil awareness and understanding about key people, places and events within their city, country, and the wider world. We believe in giving children a voice and encourage them to impact upon things they are inspired by or feel passionately about.

Picture News is a fantastic weekly resource which enables our children to explore current events, participate in debates and share their views and opinions. Each week, pupils will engage with current news and respond to discussion questions.

Supporting local and national charities in their work for overseas development e.g.
CAFOD
Ukraine relief support
Macmillan Cancer Support
Stella Maris Woolly Hat Appeal

PUPIL LEADERSHIP

Nurturing effective and confident pupil leaders is an important element of our school's success. Pupils are encouraged to develop the necessary skills to enable them to take responsibility for their school and to contribute positively towards the school and wider community. This provides them with experience of working as part of a team towards a common goal as well as having goals and responsibility to fulfil.

Some of the Pupil leadership positions are:

Cafod Councilor
Junior Chaplains
RE Ambassadors
Junior Chaplain
Mini Vinnie
Prefect
Playground leader
Anti-Bullying Ambassador

Pupil Leadership Experiences by year group

Activity	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Sacred Space Monitor	To check correct items are on the Sacred Space. To keep the Sacred Space tidy.	To check correct items are on the Sacred Space. To keep the Sacred Space tidy. To lead liturgies after discussion/support from the class teacher. To plan liturgies after discussion/support from the class teacher.	To check the correct items are on the Sacred Space. To keep the Sacred Space tidy. To independently lead liturgies. To plan liturgies after some support.	To check correct items are on the Sacred Space. To change the cloth depending on the time in the liturgical calendar. To keep the Sacred Space tidy. To independently lead liturgies. To independently plan liturgies.
Over and Above Award	To model and encourage good behaviour by sitting on chair for the day. To build self confidence in getting a certificate to take home. To encourage responsibility by getting the register.	To build self confidence in getting a certificate to take home. To encourage responsibility by getting the register.	To build self confidence in getting a certificate to take home. To encourage responsibility by getting the register.	To build self confidence in getting a certificate to take home. To encourage responsibility by getting the register.
Boom Reader	To encourage responsibility for reading regularly at home.	To encourage responsibility for reading regularly at home.	To be responsible for reading regularly at home.	To be responsible for reading regularly at home.
In class job / table monitors monitors			To be responsible for the completion of jobs around the classroom and expected to be completed, when reminded.	To be responsible for the completion of jobs around the classroom and expected to be completed independently.
Class Prayer and Liturgy			To have the responsibility of leading a class worship using that week's Wednesday Word with their class, with some prompts.	To have the responsibility of leading a class worship using that week's Wednesday Word with their class independently.
Chaplaincy team			To support UKS2 children organising and preparing for	To lead the organisation and preparation for

			religious events in school .	religious events in school [.
Cafod Council				To organise fundraising across the school for purposes such as CAFOD. To launch and promote fundraising events whether this is in assemblies or going around classrooms.
Prefects				*Year 6 only:* To develop interpersonal skills by seeing their class in with MDS on a lunchtime. To start to give some responsibility by having prefects sit with their given class during assemblies and helping at lunchtimes. Ambassadorial roles around school
Early Years/ KS1 cloakroom helpers				*Year 6 only:* To show self discipline to model good behaviour. To develop their interpersonal skills to support younger children on a lunchtime, rewarding younger children's good behaviour.

Visits and visitors

Trips and visits take place throughout the school year, in all year groups linked to our curriculum. If appropriate we also invite external speakers to deliver talks and workshops.

Library boxes

A specialist library service sends us books and resources, including artefacts, matched to our curriculum to help pupils develop a love of reading and enrich their interest in taught subjects including history and geography.

Specialist clubs

Our curriculum extends beyond the National Curriculum and includes a wide range of experiences and opportunities within and beyond the school day. All clubs are run by experienced and qualified teachers or coaches who have a passion to inspire pupils and help them develop new skills. Our program is a broad offer and includes sports, art, music, computing and many more.

Residential visits

Residential visits for Upper Key Stage Two build children's independence and provide opportunities for learning within different contexts and settings

Music

Pupils take part in a wide range of musical activities. Pupils in Key Stage 2 have the opportunity to learn to play a musical instrument. We also take part in the 'sing well' project through our Trust secondary school which allows all pupils in Key Stage 2 to be part of their class choir. This has had a positive impact on the children's wellbeing and they look forward to the next session and walk out of lessons smiling.

Those who are learning a musical instrument, or sing are asked to perform in our regular music assemblies, showcasing their talent.