



Personal Development at Heathfield Academy

At Heathfield Academy, we aim to provide opportunities for our children to become responsible, respectful and active citizens who have an understanding of British values, democracy, respect and tolerance. In addition to this, it is vital for us at Heathfield to ensure that we support the mental health of our team and children and that we teach our community strategies to become mentally healthy as we do physically healthy.

Well-being hub	
Time to Talk	<ul style="list-style-type: none"> • Worry boxes • Time to Talk sessions with adults • Drop in Time to Talk sessions
Mindful Moments	<ul style="list-style-type: none"> • Emotional Compass • Developing emotional literacy • Developing self-regulation
Drawing and Talking	<ul style="list-style-type: none"> • Drawing therapy • Heathfield team members trained • 6 week programme of half an hour weekly slots
Chill Zone	<ul style="list-style-type: none"> • Social and emotional lunch time group • Mindful activities to promote well-being • Once a week per year group
Pupil Voice	
Philosophy for children	<ul style="list-style-type: none"> • Discussion based • Philosophical enquiry • Learn respect and listening • Develops confidence and public speaking
Children's Parliament	<ul style="list-style-type: none"> • Prime Minister election • Deputy Prime Minister election • Weekly meetings • Respond to feedback from peers • News Letter contribution

Pupil leadership	
Big Ideas - Game Changers	<ul style="list-style-type: none"> ● Environment Ambassadors ● Projects based on local environment issues
TFL Stars initiate	<ul style="list-style-type: none"> ● Junior Travel Ambassadors
House Captains	<ul style="list-style-type: none"> ● Role model for attitude, attendance, behaviour, manners and conduct ● Organise the Academy calendar ● Collect house points ● Update house board
Sports Captains	<ul style="list-style-type: none"> ● Role model for attitude, attendance, behaviour, manners and conduct ● Organise sporting events ● Maintain sports equipment ● Lead and manage sporting games at break and lunch