

CURRICULUM PRINCIPLES

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Author	James Roach
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For the purpose of this policy, the term school and schools refer to schools that are part of the Inclusive Multi Academy Trust

Every school in the Inclusive Multi Academy Trust is unique and their curriculums reflect this. Each school is encouraged to be fluid in the design of their curriculum. We trust our schools to deliver a curriculum that is bespoke to the community it serves but is underpinned by the same guiding principles and follows the Trust beliefs that *'happy children learn, happy staff thrive, happy parents build a community'*.

Curriculum principles

The Inclusive Multi Academy Trust schools are responsible for delivering a curriculum that:

- puts children at the centre and is connected to their interests
- is based around the needs of the school community
- is underpinned by the principles of nurture and the 5 ways to wellbeing (see below)
- is fun and exciting
- offers relevant opportunities and meaningful challenges
- is language, word and number rich, with the opportunities to apply this knowledge in a range of contexts for different purposes
- provides opportunities for a variety of exciting, first-hand experiences and extended visits
- positively exemplifies the global community where equality, diversity and inclusion provides a sense of identity and belonging for all
- promotes questioning and creative exploration
- looks forward and provides opportunity to thrive in a changing world
- utilises technology in a safe and positive way
- helps to protect children and teaches them to recognise danger
- supports physical and mental health
- promotes global education
- develop pupil's spiritual, moral, social and cultural awareness
- recognises the British values of democracy, rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs.

Through a personalised approach the curriculums of our Trust schools are broad and exciting, provision is full and effective and we aim for the outcomes of pupils to be exceptional, both academic and socially.

6 principles of nurture



5 ways to wellbeing



Connect... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Be active... Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Give... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Rooted in cognitive behavioural therapy, the Zones of Regulation is a framework that uses four colours—blue, green, yellow, and red—to help students identify their feelings and level of alertness. The curriculum also provides strategies to support emotional regulation. Teaching students how to read their body’s signals, detect triggers, read social context, and consider how their behaviours impact those around them, leads to improved emotional control, sensory regulation, self-awareness, and problem-solving skills.

 **Zones of Regulation** 

Blue	Green	Yellow	Red
			
Low	Happy	Wobbly	Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive