

MRS PAAL



PSHE LEAD

I am passionate about taking on the lead role for PSHE this year. I am super excited to explore the personal, social, health and economical curriculum with our children. I aim to give our children the knowledge, understanding and skills to lead independent, confident and healthy lives. My interests are in child psychology and behaviour studies so I can understand how certain situations can affect a child's behaviour/mental health and what support they may need to overcome difficulties. I also attended a 10 day meditation course with monks to cultivate the art of meditation that consists of not talking to anyone but the allocated 1:1 time slots with the monks, this was a huge eye opener and haven't stopped meditating since.

One of the biggest issues today is mental health and emotional wellbeing amongst the youth. I believe children should know the importance of physical and mental change. I would like to build awareness by developing the skills, knowledge and resilience and to be natural problem solvers so they own a bank of techniques to help them forward into their adult lives.

Having a healthy school-home balance I have built a routine that improves my mental and emotional health. The techniques I use are what I love doing best, they are: reading, meditating (I do this wherever possible), upcycling, walking, swimming and my new one is going to the gym (ask me how it is going)! I would like to introduce meditation, yoga and other mindfulness techniques for our Woodthorne children to adopt. I have introduced yoga and meditation to my two young children; they practice these techniques frequently and absolutely love it!