

Philosophy

Heriot's is the only school in Scotland with a Gold Award for teaching Philosophy for Children (P4C), awarded by SAPERE. The award acknowledges the P4C approach which is embedded in the school ethos, curriculum and teaching. As a national leader, teachers from across the UK come to George Heriot's to train to teach Philosophy.

Research has shown that Philosophy lessons can have a lasting effect on a child's academic progress and ability to think critically and creatively. Philosophy is taught as a subject in Junior School, with many pupils continuing to study Philosophy to Advanced Higher level in S6.

Participation in Philosophical Enquiry encourages inclusion, giving pupils the opportunity to talk to one another in a mutually respectful way. In turn this generates greater confidence across the other curriculum areas, improving reasoning skills and the ability to think 'outside the box'.

Philosophy:

- improves literacy and language skills, encouraging children to develop articulation and self-expression
- improves concentration and thinking skills, particularly critical thinking
- encourages children to work collaboratively, with group work and reasoning
- promotes respect for self and others
- encourages reflection on complex ethical issues
- offers time for personal reflection, preparing pupils for adult life.

The development of thinking skills is a natural by product of learning Philosophy, using the P4C framework of Care, Collaboration, Creativity and Critical Thought.

"Philosophy helps me to widen my thinking, make past connections, link my ideas to others and reach a new perspective."

Primary 7 pupil

Parent workshops

We welcome parents to Learning Enhancement to participate in parent workshops. Parents can take part in lessons similar to those of their children and thus support them in the home.



**George
Heriot's
School**
Founded 1628

For information visit www.george-heriots.com or contact the Admissions Office on **0131 221 6709**.

Learning Enhancement at George Heriot's



Can a teapot
be a pet?

What is Learning Enhancement?

Learning Enhancement (LE) is unique to George Heriot's School. Introduced in 1999, it has a huge impact on children's learning and wellbeing and, in 2019 was formally recognised by SAPERE as gold standard.

The LE team of experienced Primary teachers has devised a curriculum for pupils from Nursery to Primary 7 comprising activities on **Resilience, Emotional Intelligence, Philosophical Enquiry, Thinking Skills and Diversity**. The programme is in line with the Curriculum for Excellence, while wellbeing indicators ensure activities are child centred and skills based. LE teachers also take classes to give Class Teachers one-to-one time with pupils. This 'conferencing' activity is key to supporting individual well-being and academic progress.

"Philosophy teaches you how to live your life and prepare for the future."

Primary 7 pupil

Resilience

The Resilience programme helps pupils understand emotions, form positive relationships, develop an optimistic mindset and solve conflict. Lessons are tailored to the age and stage of the child and incorporate mindfulness and self-care techniques in preparation for later life.

Early Years

In Nursery, pupils learn to identify and relate to feelings and emotions. Children engage in magical journey activities to learn about their brain, including a 'Good Mood Hunt'.

In Primary 1 and 2, children learn why emotions are important, through games, stories and relaxation exercises.

Middle Primary

In Primary 3, pupils explore strategies to resolve conflict with friends. Pupils at George Heriot's are taught to be aware of their 'inner voice', of the world around them, and to look on the bright side of situations. An introduction to Mindfulness in Primary 4 develops these key life skills.

Upper Primary

Pupils investigate strategies for achieving success and overcoming challenges. They consider the value of making mistakes and taking risks towards achieving personal goals.

In Primary 7, pupils are taught how hormones affect behaviour and begin to understand the concept of 'self-care'.



"My Junior School Philosophy lessons taught me how to review and evaluate theories and ideas respectfully, a skill which I use in Higher Philosophy."

SS pupil



Mindfulness

All Resilience lessons open with a Mindfulness exercise and in Middle and Upper Primary, children develop a deeper understanding of Mindfulness:

Emotional

Mindfulness teaches pupils how to control emotions. Pupils learn to deal with negative emotions and thoughts, in turn reducing stress, anxiety and improving self-awareness.

Academic

Mindfulness sessions increase focus and attention. They also help pupils to deal with exam pressure and improve sporting performance.

Physical

Mindfulness helps a child's sleep patterns and assists with pain management.

Social Skills

Through Mindfulness, pupils develop increased empathy and understanding of others. Pupils can manage their behaviour better - key to this is an ability to 'respond rather than react.'

Diversity

Our bespoke Diversity Curriculum encourages pupils to be aware of differences in society. They accept and appreciate UNCRC Article 2 (non-discrimination) and aim to be an ally to show respect and mitigate against inequality.

Early Years

The children take part in activities which encourage them to be aware of and celebrate the differences that surround us. They are introduced to the role of melanin in our skin and become aware of, acknowledge and challenge traditional stereotypes.

Middle Primary

Pupils learn that a person's identity is not defined by their race, gender or disability. They learn the meaning of the term 'unconscious bias' and through role play and discussion they understand that diversity is a strength.

Upper Primary

Our curriculum in Upper Primary focuses on developing an understanding of the terms 'privilege', 'equality', 'equity' and 'discrimination', before identifying what can be done to become an ally.