



Intent:

In our school we intend the teaching of Personal, Social and Health Education (PSHE) to enable our children to become healthy, independent and responsible members of a society. PSHE helps children to develop into well rounded individuals giving *them the knowledge, skills and understanding they need to lead confident, healthy and independent lives*. We believe that PSHE has the power to enhance the health and wellbeing of all children, their families and the whole school community. It has a positive influence on the ethos, learning and relationships throughout the school. PSHE is central to our values and to achieving the school's aims:

- Enhance skills of communication, empathy and healthy relationships which underpin success in learning .
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- To offer accurate and relevant knowledge of support
- To explore relevance of knowledge when making decisions
- To offer opportunities to explore, clarify and challenge their own beliefs, attitudes and rights and responsibility
- To offer the skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

PSHE helps children to understand many of the moral, social and cultural issues that are part of growing up and provides them with the necessary education that will inform their development and prepare the children to

engage with these challenges confidently, armed with sufficient information and support to enable them to make safe life choices.

Implementation:

By offering a broad and balanced curriculum for all, which recognizes their diverse backgrounds, we are able to promote a healthy, safe and caring environment for all children; building on the self-esteem and emotional wellbeing that are key to our curriculum. PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. We use the JigSaw programme of study.

We strive to provide our children with learning opportunities across and beyond the curriculum that are relevant, engaging, creative and set children up effectively for their futures. We provide opportunities for PSHE across the curriculum, in specific lessons, circle time, special school projects and other activities that enrich pupils' experiences. Our children are encouraged to develop a confident self-image by playing a positive role in contributing to school life and the wider community. We help our children to respect themselves and others and move from childhood safely, through adolescence and into adulthood.

Impact:

Personal, Social, Health Education is at the core of our curriculum; it enables children grow and develop as individuals and as members of families and communities. We promote an inclusive ethos and a culture of mutual respect where diversity and difference are recognized, appreciated and celebrated.

Through PSHE pupils will have the knowledge, understanding, skills and attitudes they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. PSHE equips children with the skills to navigate and stay safe in our world. It provides children with opportunities to learn about rights and responsibilities and recognise the value of being a member of a diverse society. Our framework for PSHE embeds the three strands — health and wellbeing, relationships and living in the wider world, as well as the statutory aspects of the Relationships and Sex Education, and Health Education guidance:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>