

## PSHE vision statement

Subject Leader: Mrs Allman

Link Governor: Mrs Lovell

### Why is PSHE important?

We value PSHE as one of many ways to support children's development as human beings, to enable them to understand and value who they are, to empower them to have a voice, to feel confident and equip them for life and for learning. With St Helens being a small village school we really have the luxury of doing this by having such a tight knit school community. Excellent relationships are formed and built upon, foundations secured to prepare all children for learning, life and then life and learning beyond St Helens. A child's wellbeing is at the centre of how they learn effectively, with this in mind our priority in school is to ensure we provide the opportunities for children to express themselves safely and fully understand their own emotions. Providing them with a toolkit of knowledge provided in a variety of different ways to enable them to understand and manage their own mental wellbeing and make safe choices.

### How do we teach PSHE at St Helens Primary School?

PSHE is central to all aspects of pupil learning at St Helens Primary School. We pride ourselves on providing a nurturing learning environment in which all children are supported and encouraged with their achievements and successes being celebrated. PSHE is delivered through a scheme of work called SCARF, and taught weekly in timetabled lessons. Topics are covered in line with the national curriculum but also can be tailored to children's individual needs.

PSHE is also covered through assemblies, wellbeing days, workshops and visits from a variety of external sources. Again these are all carefully planned to cover outlines within the national curriculum also meeting any individual needs for children within our school.

### The national curriculum and PSHE coverage

Most PSHE education becomes statutory for all schools from September 2020 under the Children and Social Work Act 2017. This includes Relationships Education at key stages 1 and 2, Relationships and Sex Education (RSE) at key stages 3 and 4, and

Health Education in both primary and secondary phases. The Department for Education published *Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education* in June 2019. This sets out what schools must cover from September 2020 (though not all they should cover as part of broader PSHE education). The programme of study is divided into three core themes

The statutory guidance is comprehensively covered by learning opportunities across all three core themes. Even though much of 'Living in the wider world' is not included in statutory requirements, the theme as a whole remains vitally important for pupils' personal development and economic wellbeing.

## **Relationships**

- How to develop and maintain a variety of relationships, within a range of social and cultural contexts
- How to recognise and manage emotions within relationships
- How to respond to risky or negative relationships, including bullying and abuse
- How to respond to risky or negative relationships and ask for help
- How to respect equality and diversity in relationships

## **Living in the wider world**

- About respect for themselves and others, and the importance of responsible actions and behaviour
- About rights and responsibilities as members of families, other groups and citizens
- About different groups and communities
- To respect equality and diversity, and how to be a productive member of a diverse community
- About the importance of respecting and protecting the environment
- About where money comes from, keeping it safe, and the importance of managing it effectively
- The part that money plays in people's lives
- A basic understanding of enterprise

## **Health and Wellbeing**

- What is meant by a healthy lifestyle
- How to maintain physical, mental and emotional health and wellbeing
- How to manage risks to physical and emotional health and wellbeing
- Ways of keeping physically and emotionally safe
- How to manage change, including puberty, transition and loss
- How to make informed choices about health and wellbeing, and where to get help with this
- How to respond in an emergency
- To identify different influences on health and wellbeing

Please see our SCARF PSHE overview to see how these core themes are delivered across the year and progression of skills through key stages.

## Early Years Foundation Stage

PSHE work is covered within the Early Years Foundation strands personal, social and emotional development (PSED) and people and communities (PC). This will be taught in a variety of different ways that are appropriate to the cohort and current interests. A main focus of Early years is working on these personal, social and emotional skills so it's thoroughly embedded throughout their days and is constantly revisited ensuring the children are given every opportunity to develop upon these skills during their time in Reception.

## Links with other subjects

There are many opportunities across all year groups for children to further develop their English skills through their PSHE learning. Speaking and listening is an integral part of the way that PSHE is taught at St Helens. Children are encouraged to participate in group discussions and activities and to feel confident in voicing their own opinions. They also have the opportunities to write how they are feeling too. This could be done through the use of journal extract, poetry, mood boards and so on. Reading class books and discussing topics within the book, discussing what feelings it provokes and what feelings they identify within the characters.

There are clear links to Maths within the core theme Living in the wider world - Money and work. This is where children are taught what money is needed for, making decisions about money and how to keep money safe.

Numbers come up in conversations in everyday life all the time. For example, about 1/10 of the population is left handed or about 6% of Britain's population is gay or lesbian. Children need to understand these mathematical concepts to go on to comprehend what is being said with such data being discussed within all three core themes.

In PSHE a focus on internet safety is taught, highlighting potential risks children may encounter whilst online. Our PSHE curriculum provides children with the skills and knowledge to best safeguard themselves against potential risks. Our curriculum also covers responsibility and online bullying.

## 6. British Values

At St Helens Primary School, we ensure that the teaching of PSHE links directly to our British values by giving the children the opportunities to;

## Democracy

- Take the views and opinions of others into account  Take turns and instructions from others

## The rule of law

- Understand the importance of safety rules
- Know that there are consequences in rules are not followed

## Individual liberty

- Contributing own views when working or participating in group discussions
- Others may have different points of view as to where to start

## Tolerance

- Respecting and understanding other values from other cultures
- Respecting and understanding other religions

## Mutual respect

- Work as a team
- Discuss and value other feelings
- Offer support and advice to others