

# **PSHE Curriculum Statement**

## **What is PSHE?**

PSHE stands for Physical, Social and Health Education. It is included in the curriculum because children's attitudes to themselves and each other must be healthy if effective learning is to take place. The emphasis is on encouraging individual responsibility, awareness and informed decision making to promote healthy lifestyles and prepare to play an active role as citizens.

## **Intent**

At Holmleigh Primary School, PSHE runs through the whole ethos and experience of the children at our school, as it is fundamental for life and provides them with a solid foundation for their future health, safety, success and happiness. We take a holistic approach to ensure our children develop as great communicators confident to share their views and opinions, as well as understanding the potential for their role in the community. We challenge and support them in developing emotionally, spiritually, socially, intellectually and morally and prepare children for the opportunities, responsibilities and experiences life entails. We want them to develop their character including confidence, resilience and independence. We want them to become reflective individuals who have both emotional literacy and intelligence. We believe children need to be able to communicate effectively to either avoid or resolve conflict.

Our aim for all children is that they are safe, secure and happy in school; have equal access to the curriculum, regardless of ability, gender, race or religion; develop an appreciation of the importance of responsible behaviour, courtesy and consideration of others. Holmleigh children leave our school with strong character and a solid understanding of themselves and how to effectively interact with others.

## **Implementation**

Our whole school approach to PSHE and RSE lies in the belief that success in these areas will enable excellence throughout the whole curriculum. It offers learning opportunities beyond the curriculum, in specific lessons as well as in assemblies, circle time, special school projects and other activities that enrich pupils' experiences. Our PSHE and RSE curriculum is based on SEAL GD (Social and Emotional Aspects of Learning), Kapow, Amazing People Schools and the Christopher Winter Project.

These programs all enable effective learning that have lifelong benefits. SEAL aims to develop domains based on Daniel Goleman's work on emotional intelligence, self-awareness, empathy, social skills, managing feelings and motivation. The GD (Global Dimensions) explores what connects us to the world. It enables learners to engage with complex global issues and explore the links between their own lives and people, places and issues throughout the world. Kapow provides a scheme of work across the whole school, whilst Amazing People Schools focuses on character development. We also utilise The Christopher Winter Project scheme of work for Relationships and Sex Education.

## **EYFS**

PSED (Personal, Social and Emotional Development) is developed through an autonomous play-centred environment where we enable children to build respectful relationships through play with the support of adults and their peers. The use of a mobile thinking space provides a consistent approach for children to develop transferrable language and strategies to express and understand their emotions and manage conflict in a range of contexts.

In the early years at Holmleigh, we use a range of strategies to implement PSED:

- Focus stories and songs
- Circle time
- News time
- Quality adult interactions
- Persona dolls
- Rules and routines
- Social stories
- Amazing People Schools
- Accessible play materials
- Interactive displays
- Parental involvement
- Uninterrupted periods of play

## **Impact**

Our teaching of PSHE will lead to children meeting the standards of attainment across the school and those that are expected of our children nationally. Children will each make progress relative to their own individual starting point. The implementation and impact of the PSHE curriculum is assessed across the school to ensure children are provided with the best possible chance of succeeding. We strive to ensure that by the end of their time with us at Holmleigh Primary School, each child will:

- Understand and respect the differences and similarities between people
- Be clear on the importance of kindness, respect, honesty, truthfulness, permission seeking and giving, and the concept of personal privacy
- Understand what friendship is, what family means and who the people are who can support them
- Recognise different types of relationships (including those online), including those between acquaintances, friends, relatives and families
- Recognise ways in which relationships (including those online) can be unhealthy and whom to talk to if they need support
- Recognise and apply the British Values
- Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise
- Develop confidence, perseverance, resilience and set goals
- Understand the importance of positive emotional and mental wellbeing, including how friendships can support mental wellbeing, and ask for help where necessary

- Understand personal boundaries, that they have rights over their bodies and to know how to report concerns and seek advice when they suspect or know that something is wrong
- Recognise that they share responsibility for keeping themselves and others safe both within the school and community at large and when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'