

“Every child is a unique child of God.”

WHINMOOR



ST. PAUL'S  
C of E Primary School

## PSHE Guidance Document

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*Let Your Light **Shine!***

## Introduction

### What is PSHE?

Personal, social, health and economic education (PSHE) helps to give children and young people the knowledge, skills and understanding they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, tackling many of the moral, social, spiritual and cultural issues that are part of growing up and essential for children to reach their full potential. It offers learning opportunities across and beyond the curriculum, in specific lessons as well as through a wider curriculum; assemblies, circle time, special school projects and other activities that enrich pupils' experiences are integral to PSHE. Relationship education is a statutory element of PSHE in Primary School at key stages 1 and 2.

### Why should PSHE be taught?

Personal, Health and Social Education underpins life at Whinmoor St Paul's Primary. 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. Our wider School Curriculum aims to provide opportunities for all pupils to learn and achieve. It promotes pupil's spiritual, moral, social and cultural development and prepares children for the opportunities, responsibilities and experiences of life and work in an ever-changing world and modern British society. *"PSHE education gives pupils the knowledge, skills and attributes they need to keep themselves healthy and safe, and to prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave School equipped with skills they will need throughout later life" - PSHE Association.*

### Intent

#### **The aims of PSHE education in our school are to:**

The intent of our PSHE curriculum at Whinmoor St Paul's is to deliver a curriculum which is accessible to all and that will maximise the outcome for every child. In an ever-changing world, we believe it is important to provide our children with high inspirations, a belief in themselves and installing the confidence to achieve everything they put their mind to. We want our children to develop a confidence in sharing their own thoughts and opinions with others, develop skills and attributes to keep themselves healthy and safe as well as a respectful understanding of others and cultures. We want them to show tolerance of others beliefs, religions and life choices, and to build positive, respectful relationships with other people.

Within this, the school aims to develop pupils' understanding of:

- identity, including personal qualities, attitudes, skills, attributes and achievements and what influences these
- relationships, including different types and in different settings
- a healthy lifestyle, including physically, emotionally and socially
- a balanced lifestyle, including within relationships, work-life, exercise and rest, spending and saving and diet
- risk, including identification, assessment and how to manage risk rather than simply the avoidance of risk for self and others
- safety, including behaviour and strategies to employ in different settings
- diversity and equality, in all its forms
- rights, including the notion of universal human rights, responsibilities including fairness and justice and consent in different contexts
- change and resilience, the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance
- power in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes
- career, including enterprise, employability and economic understanding

## **Implementation**

At Whinmoor St Paul's we use the You, Me, PSHE scheme of work to deliver all lessons and also link in our MindMate lessons. It develops the qualities and attributes children need to thrive as individuals, family members and members of society and the global community. You, Me, PSHE is implemented throughout the Key Stage 1 and 2 during whole class PSHE lessons focusing on different topics each term. Our PSHE curriculum is embedded through our curriculum and whole school ethos. Our PSHE curriculum is enriched further through whole school opportunities such as Commando Joe's Character Development Programme, Wellbeing Ambassador and Worship Committee. The use of enrichment opportunities are also used, such as special days or weeks (for example Anti-bullying Week, Mental Health Week, Internet Safety Day).

The PSHE scheme is divided into 7 different strands:

- Relationships and Sex Education
- Drugs, Alcohol and Tobacco Education
- Physical Health and Wellbeing
- Mental Health and Emotional Wellbeing
- Keeping Safe and Managing Risk
- Careers, Financial Capability and Economic Wellbeing
- Identity, Society and Equality

## **Impact**

Our school values and inclusion of safeguarding within our curriculum is vital as first and foremost, we want our children to be safe and happy so that they can excel in all aspects of school life. Our PSHE curriculum provides them with a chance to reflect and learn about these crucial elements.

Our pupils and staff value well-being, mental health and good citizenship. Through our curriculum, we believe that we prepare our pupils for the next stage in their education as well as preparing them, during this vital stage of their life, for the adult world.

## **Mental Health**

At Whinmoor St Paul's we take children's mental health seriously. We understand and appreciate the importance of teaching children about mental health. Children are fully supported to speak about their feeling and emotions. Each class has a 'worry box' which can be used confidentially. This enables staff to act upon and help support issues raised, imminently.

Our Wellbeing Ambassadors have been nominated by their peers as fantastic listeners and role models. These children meet regularly with the wellbeing team to gather pupil voice, discuss ideas of improving mental health on the playground as well as being present at lunch times to promote a health well-being for others.

## **Relationship and Sex Education**

When teaching RSE there are four main aims of teaching RSE:

- to enable children to understand and respect their bodies,
- to help children develop positive and healthy relationships appropriate to their age and development,
- to support children to have positive self-esteem and body image and to empower them,
- to be safe and safeguarded.

Each year group will be taught appropriate to their age and developmental stage. At no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), this information will be shared with you by your child's class teacher. The question will not be answered to the child or class if it is outside the remit of that year group's programme. If you have any further questions regarding RSE please don't hesitate to speak to your child's class teacher.

## **Websites to support PSHE learning with your children at home:**

<https://mindmate.org.uk>

<https://www.pshe-association.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>

<https://www.camhs-resources.co.uk/websites>

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/>

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/cypmhs-information-for-parents-and-carers/>

<https://www.place2be.org.uk/our-services/services>