

# Personal, Social and Health Education (PSHE)



Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, including looking after their mental health and how to manage their academic, personal and social lives in a positive way.

PSHE (Personal, Social and Health Education) is a subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. At St Ann's Well Academy this integrates the statutory areas of relationship and health education and covers economic wellbeing, careers and enterprise education as well as personal safety including assessing and managing risk.

PSHE at St Ann's Well Academy enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our curriculum ensures that the understanding of Fundamental British Values runs throughout.

We want our children to leave St Ann's Well Academy being responsible, kind, positive, respectful and honest whilst demonstrating self-belief (our school values). We also want our children to 'broaden their horizons' and have the knowledge of the world outside our school, including different faiths, religions and relationships. We intend for our children to be emotionally intelligent; able to understand their own feelings, and emotions and fully equipped to be able to deal with various emotional situations.

We want our children to have the skills to question evidence that they are given and to interrogate; not accepting information at face value. We want them to reflect upon information and be able to make independent, informed decisions.

## Intent

The intent of our PSHE curriculum is to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more. We provide a framework within which sensitive discussions can take place so that pupils have the confidence to ask questions and importantly we can address misconceptions as they arise. As a result of this they will become healthy, independent and responsible members of a society who understand how they are developing personally and socially; and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up. We create a positive culture around relationships, sexuality and feelings for our children whilst ensuring that they feel safe and know how to get help if needed. Opportunities are provided for our pupils to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are able to develop their sense of self-worth, self-respect, confidence and empathy through our curriculum content and by playing a positive role in contributing to school life and the wider community.

St Ann's Well Academy's key intentions that drive our PSHE curriculum are:

- To develop the skills, knowledge and understanding of pupils in order for them to:
  - respect all relationships and themselves within them;
  - respect and participate safely in the world around them;
  - develop an understanding of their own bodies physically and mentally, knowing how to keep them safe and healthy.
- To promote the spiritual, moral, social and cultural development of pupils and the Fundamental British Values to prepare them for the opportunities, responsibilities and experiences in future roles within the global community.

# Implementation

## Foundation Stage

Personal, Social and Emotional Development is consistently prioritised as a Prime Area of learning. These are split into Three Early Learning Goals (self-regulation; managing-self; building relationships). Children will:

- Learn how to form and maintain positive attachments with adults and their peers
- Gain knowledge of how to support their own health and wellbeing
- Form an understanding of their own feelings and those of others
- Develop the skills to begin to regulate their own behaviours to meet the rules and expectations set within school and society

## Key Stage 1 and 2

PSHE is delivered through a clear and comprehensive scheme of work in line with Department of Education: Relationships Education, Relationships and Sex Education (RSE) and Health Education and the National Curriculum. Pupils are taught knowledge and skills through three core learning areas, each of which incorporates three sub themes:

- **Health and wellbeing** (growing and changing, physical health and mental wellbeing, keeping safe)
- **Living in the wider world** (belonging to a community, media literacy and digital resilience, money and work)
- **Relationships** (family and friendships, safe relationships, respecting ourselves and others)

The teaching of PSHE also occurs incidentally through our core school values and social, moral, spiritual and cultural development throughout varying parts of the curriculum.

Our PSHE curriculum has been designed to meet the needs of our learners and build and support our wider curriculum. In the Foundation Stage, PSHE is taught through theme-based work with learning objectives distributed throughout the year. Some of the PSHE teaching in the Foundation Stage is incidental and reacts to the classroom environment. In the first term of a new school year, in key stages 1 and 2, our PSHE delivery is top loaded to support the new start to the Autumn term. After this, PSHE is taught discretely on a weekly basis. PSHE is also taught incidentally through other subjects throughout the academic year.

## Impact

St Ann's Well Academy children will:

- Demonstrate a healthy outlook towards school and behaviour will be good.
- Have respect for themselves and others.
- Demonstrate respect for the world around them.
- Demonstrate an understanding of their own bodies physically and mentally and can verbalise how to keep them safe and healthy.
- Recognise and apply the Fundamental British Values of Democracy, Mutual Respect and Tolerance, Individual Liberty and Rule of Law.
- Demonstrate high aspirations for their future self and the world around them
- Demonstrate sound spiritual, moral, social and cultural development.

## Aspirations For the Future

Pupils develop an understanding of how subjects and specific skills are linked to future jobs.

Here are some of the jobs you could aspire to do in the future as a Reader and Writer:

- Charity worker
- Environmentalist
- Guide dog trainer

- Support assistant
- Nurse
- Careers advisor
- Council worker
- PSHE Teacher
- Social Worker
- Family Support Worker