



At our school, PSHE helps every child grow into a confident, caring and responsible young person. Through an engaging and inclusive curriculum, we equip children with the knowledge, skills and values they need to stay healthy, keep safe, build positive relationships and make informed choices.



Intent - we aim to...

To develop confident, resilient and emotionally literate pupils who understand their own feelings, can manage them effectively, and can seek support when needed.

To equip pupils with the knowledge and skills to stay safe and healthy, both physically and mentally, including making informed choices about lifestyle, relationships, and online behaviour.

To foster positive relationships and respectful attitudes, helping children understand diversity, show empathy, and celebrate what makes themselves and others unique.

To prepare pupils for the responsibilities and challenges of modern life, ensuring they understand their rights, responsibilities and the importance of active citizenship in school, home and the wider community.

To ensure pupils develop age-appropriate understanding of growing up and relationships through a carefully sequenced RSE curriculum that supports safeguarding, wellbeing and personal safety.



Implementation - How do we achieve our aims?

Curriculum

PSHE is taught weekly in every year group using a structured scheme (Myhappymind & KAPOW) that ensures full coverage of statutory Relationships and Health Education. Key themes (e.g. My healthy self, Connecting with others, The Online World, Citizenship & Economic Wellbeing, Staying Safe & Health Protection & Growing Up & Sex Education) are revisited at increasing levels of depth as pupils move through school. Seesaw will also be used to ensure that all children can access the curriculum.

Language

Lessons include vocabulary for feelings, reflection time, role-play, problem-solving and discussion to help children develop self-awareness, confidence and empathy.

Community

PSHE learning is reinforced through assemblies, school council, behaviour policy, playground routines, online safety lessons, themed weeks (e.g. Friendship week, Mental Health days) and Community Month. Real-life application is emphasised through charity work, eco-projects, pupil leadership roles and community links.



Implementation - How do we achieve our aims?



Supportive learning environments

Ground rules are established to allow open, respectful discussion.
Materials are chosen to reflect diversity in family structures, ethnicity, disability, gender and beliefs.

CPD

Teachers receive regular CPD on RSE, safeguarding, emotional health and vocabulary for sensitive discussions.

Specialist visitors (e.g. school nurse, police, NSPCC, fire service) enhance teaching where appropriate.

Provision

Children are well supported with early help if they need it. We offer the opportunities for children to have learning mentors, be involved with supporting in Forest School sessions and we fund an in school councillor.

We have myHappymind champions in each class who are met with on a regular basis. We also have a Mindfulness Matters club that runs once a week.

Partnerships with parents

Parents are informed of RSE content in advance and are offered guidance to support discussions at home.

PSHE messages are reinforced through newsletters, workshops and signposting to support services.

Assessment and monitoring

Teachers assess through questioning, pupil voice and self-reflection. Leaders monitor coverage, progression and impact through lesson observations and pupil discussion groups and whole school pupil voice. We acknowledge that children start with varying life experiences and pre-existing knowledge.

Seesaw used as an assessment tool.