

PSHE Curriculum Policy

Rationale

At Wybunbury Delves we aim to nurture a school community where everyone experiences a love of learning and of life; everyone is able to 'shine' and grow in God's Love. Personal Social Health and Economic (PSHE) Education is a subject which offers the very best opportunities to achieve this.

Curriculum Intent

At Wybunbury Delves, we teach Personal, Social, Health and Economic (PSHE) Education as part of our broad and balanced curriculum. PSHE enables our pupils to gain the knowledge, skills and attributes they need to lead confident, healthy, independent lives and to become active and responsible members of the community. PSHE focusses on giving our pupils the knowledge they need to make informed decisions about their wellbeing, health, relationships, and the skills to recognise and build their self-confidence identity. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and our local communities. In doing so, children learn about their responsibilities, rights and duties as individuals and members of a community. The PSHE Curriculum gives our pupils the skills to understand and respect our common humanity as well as the skills to celebrate our diversity and differences within a multicultural society. British Values are promoted through the overarching aims and objectives of PSHE. Children learn how to be healthy and responsible members of society, as well as the understanding to prepare them for life and work in modern Britain.

As part of providing a broad and balanced PSHE curriculum, we can nurture and support the spiritual, moral, social and cultural (SMSC) development of our pupils. Children learn how to reflect on their own experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. PSHE education gives children the skills to manage many of the most critical opportunities, challenges and responsibilities that they will face as citizens within a multicultural society.

Most of our PSHE education became 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, and Health Education.

This policy operates in conjunction with the following school policies:

- Relationships and Health Education RHE Policy
- Anti-Bullying Policy: Pupils
- Social, Emotional and Mental Health (SEMH) Policy
- Online Safety Policy 2023

The aims of PSHE in our school are:

- To develop the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives
- To provide opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- To know and understand what a healthy lifestyle is
- To be identify hazards and risks to safety
- To understand what makes for good relationships with others

- To have respect for others
- To be independent and responsible members of a community, such as school
- To understand what is meant by 'Democracy' and be positive and active members of a democratic society
- To develop self-confidence and self-esteem, and make informed choices regarding personal and social issues
- To develop good relationships with other members of the community
- To actively promote British Values

Curriculum Implementation

Our tailored PSHE curriculum equips children with the understanding to identify risk and the knowledge and skills necessary to make safe and informed decisions. Clear strategic planning allows the curriculum to be dynamic and adapt to the context of our school and our children's needs at Wybunbury Delves.

The following topics are taught with our PSHE Curriculum. Our PSHE curriculum is split into three categories. RSE is part of the first two categories.

| Relationships | Health and Mental Well-being | Wider World |
|-------------------------------------|------------------------------|---------------------|
| Families and people who care for me | Mental Well Being | Economic Well being |
| Caring friendships | Internet Safety and Harm | Enterprise |
| Respectful Friendships | Physical Health and Fitness | Careers |
| Online Relationships | Healthy Eating | |
| Being Safe | Drug, Alcohol and Tobacco | |
| | Health and Prevention | |
| | Basic First Aid | |
| | Changing Adolescent Body | |

In order to implement PSHE we intend to use the following teaching programmes and resources:
Heartsmart (PreSchool-Y6)

We are delivering 'HEARTSMART' throughout school as part of RSE, PSHE and SMSC. This whole school resource is designed to support our children to build resilience, emotional intelligence and active empathy. HeartSmart is a creative approach that we use to build character, emotional health and resilience in our children. Equipping children with foundational principles and skills that will improve their mental health and relationships and academic achievement, at Wybunbury Delves, we want everyone to know that they are loved, cared for and valued. We recognise the value of educating the heart alongside educating the mind. We use HeartSmart to do just that! Heartsmart is about loving and accepting ourselves as well as loving and responding well to others. Our learning is focussed around Boris the Robot which helps to motivate our children to become actively involved with the programme and learning. There are 5 themes (known as 'High Five') that Boris shares throughout the year which are linked to the principles of feeling valued, considering others and showing empathy, forgiveness, being truthful and not giving up when faced with challenge. Each lesson has a linked Bible verse.

Christopher Winter's Project (CWP) Lessons

At Wybunbury Delves, we follow the Christopher Winter's Project (CWP). This is a scheme of work that includes lesson plans and teaching materials. It builds on learning from previous years and revisits topics each year to cover them in greater depth.

CWP Health and Relationships Education (Rec-Y6)

It includes lesson material on topics such as keeping clean, families, gender differences, personal space, puberty, relationships and many other topics. The Christopher Winter's Project resources and lessons plans are quality-assured by the PSHE Association and the DfE to best support children along their learning journey of Relationships, Sex and Health Education. Our RSE curriculum is taught within three lessons for all children Reception to Year 6. Details of the lessons can be found on our Long Term Plan for PSHE and parents will be notified in advance to know when these lessons are taking place.

CWP Health and Wellbeing Education (Y1-Y6)

Our Drugs and Alcohol lessons are taught from Year 1- 6 and there are three lessons per year group. When teaching our 'Drugs & Alcohol' scheme of work, we use age appropriate language and ensure that we create a safe, respectful environment for children to ask questions and further their understanding. Our scheme ensures careful progression while also providing opportunities for children to recap their prior learning.

Health and Safety Education- First Aid Lessons (Rec – Y6)

Having the skills to recognise dangers, seek help and administer basic first aid is an important skill for life and, at Wybunbury Delves, we feel this it is essential for all children to learn. As part of our Personal, Social, Health and Economic Education (PSHE) curriculum, we deliver a whole school Health and Safety Week. All classes will take part in a range of lessons linked to identifying hazards, how to administer some first aid and what we can do to help.

To ensure full coverage of the curriculum additional PSHE lessons will be taught. At Wybunbury Delves, we invite visitors into school to enhance our PSHE curriculum. PCSO Nick Jarvis and his Police colleagues are regular visitors. Cheshire Fire Service and the School Nurse service visit amongst others. Some elements of this curriculum will be taught through whole school focus weeks e.g. Anti-Bullying Week; Health and Safety Week (First Aid); Health and Relationships Week.

Curriculum & School Organisation

We allocate weekly a 30minute PSHE lesson for each year group in Years 1-6. We teach PSHE in EYFS as an integral part of the curriculum. PSHE learning activities in both Pre School and Reception relate directly to the objectives set out in the Early Learning Goals (ELGs). Our teaching in PSHE matches the aim of developing a child's Personal, Social and Emotional development as set out in the ELGs. We also support citizenship education in our EYFS classes, when we teach 'Understanding the World'.

Our PSHE education provision is mapped and planned effectively using Heartsmart, and the CWP resources. Updates of accredited resources are shared during staff meetings and accessible to all teachers. On many occasions PSHE topics are introduced through other areas of the curriculum and through discrete subjects for example, Science, Physical Education, Online safety and Religious Education. The programme will be taught through a range of teaching methods, including class discussions, sharing of own life experiences, class worship and whole school worship, school events, school council, and by outside agencies and specialists. See PSHE Subject Long Term Overview, and Year group Medium Term plans.

Teaching and learning style

The long term plan shows a combination of the PSHE led age -specific activities which are usually delivered through weekly lessons. Online Safety is delivered in class using our computing curriculum and reinforced during the school year.

Equality and Inclusion

We promote the needs and interests of all pupils, irrespective of gender, culture, ability or personal circumstance. We teach PSHE to all children and make adaptations where necessary. Teaching will take into account the age, ability, readiness, and cultural backgrounds of children to ensure that all can fully access PSHE education provision. Learning opportunities are provided that are best matched to the individual needs of children, including children with SEND.

Curriculum Impact

Through our teaching of PSHE, we ensure children have a greater understanding of their own health and sense of self, positive relationships and ways in order to stay safe. We use monitoring throughout the year to gauge the impact of the planned curriculum. We are flexible to adapt our provision to the needs of the children. We will seek specialist support where necessary.

The PSHE Subject Leader provides an annual curriculum review and feedback form which will be shared with Governors at the annual Curriculum meeting.

With regards to assessment, there is no requirement to assess children's learning in PSHE.

Reviewed by R Pointon September 2024