

What is PSHE?	<p>As outlined by the PSHE Association, PSHE is defined as:</p> <p><i>'a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society'</i></p> <p>Furthermore, PSHE education equips pupils to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. A critical component of PSHE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future. PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.</p>
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Aim	<p>Section 2.5 of the National Curriculum Framework states that all schools should make provisions for PHSE education, drawing on good practice. Birdsedge First School uses the PHSE Programme of Study (PHSE Association) to ensure that key concepts, skills and attributes are developed through our PSHE curriculum. As a school we aim to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life. In line with the PSHE Association we follow the key aims of providing pupils with:</p> <ul style="list-style-type: none"> • accurate, balanced and relevant knowledge • opportunities to turn that knowledge into personal understanding • opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities • the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives • opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy
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Monitoring	<p>As a subject PSHE is monitored and evaluated in school by subject leader Donna Barker and Quality Assured by The MAST. Monitoring and evaluation of the subject is achieved through the following:</p> <ul style="list-style-type: none"> • Termly learning walks focusing on class culture and ethos • Termly child interviews to gather pupil voice • Annual Pupil Survey • Half Termly evaluation of PSHE subject Action Plan
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Teaching PSHE

At Birdsedge First School we stay loyal to ensuring that our PSHE curriculum is not a series of 'one-off' stand-alone lessons. Instead we ensure that the core values and concepts wrap around everything we do. We do this through:

- Having an active School Council with regular meetings and Class Council sessions
- Whole School Behaviour system based on a coaching tool
- Weekly PSHE assemblies with linked challenges and activities
- Weekly PSHE lesson
- Themed weeks and days linked to wider initiatives and awareness raising
- A school culture focused on developing children's personal, social and emotional skills in every conversation and interaction

As a school we follow the PSHE Association Programme of Study and follow the DfE Relationship Education and Health Education statutory guidance to ensure curriculum coverage through six half termly key themes. From September 2024, we will also be using the NHS approved 'My Happy Mind' programme to enhance the PSHE curriculum. You can see underneath how these follow the three main themes as set out by the PSHE Association.

Whole School Long Term Plan						
	Autumn Term Health and Wellbeing		Spring Term Relationships		Summer Term Living in the Wider World	
PSHE Curriculum Focus Topic	<ol style="list-style-type: none"> 1. what is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 3. how to manage risks to physical and emotional health and wellbeing 4. ways of keeping physically and emotionally safe 5. about managing change, including puberty, transition and loss 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 7. how to respond in an emergency 8. to identify different influences on health and wellbeing 		<ol style="list-style-type: none"> 1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts 2. how to recognise and manage emotions within a range of relationships 3. how to recognise risky or negative relationships including all forms of bullying and abuse 4. how to respond to risky or negative relationships and ask for help 5. how to respect equality and diversity in relationships Through this theme the 5 key areas of Relationship Education are taught: Families and people who care for me Caring Friendships Respectful Relationships Online Relationships Being Safe		<ol style="list-style-type: none"> 1. about respect for self and others and the importance of responsible behaviours and actions 2. about rights and responsibilities as members of families, other groups and ultimately as citizens 3. about different groups and communities 4. to respect diversity and equality and how to be a productive member of a diverse community 5. about the importance of respecting and protecting the environment 6. about where money comes from, keeping it safe and the importance of managing it effectively 7. the part that money plays in people's lives 8. a basic understanding of enterprise 	
Whole School Theme	We are Safe	We are Happy	We are Respectful	We Belong	We are Inclusive	We are Responsible
Assembly Focus	Rule of Law Democracy Zones of Regulation	Individual Liberty	Mutual Respect	Protected Characteristics	Tolerance	Growth Mindset
MHM Module	Meet Your Brain	Celebrate	Relate	Appreciate	Engage	
	Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.	Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.	Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.	Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a habit!	Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self-esteem and resilience too	

A break down of the more detailed objectives that are taught at each year group through the themes above can be found on our school website on the PSHE curriculum tab in the Curriculum Map Document or paper copies can be requested from school at any time.

Withdrawal

- You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.
- The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

If you have any concerns regarding content of the PSHE curriculum please do arrange to speak to Head teacher Miss D Barker