



PSHE

At Seabridge Primary School, through our delivery of PSHE, we aim to give children the knowledge, confidence and understanding they need to develop as confident, healthy and independent individuals. Personal, Social and Health Education sessions help to promote physical and emotional well-being for our children. Our planning covers emotional health and well-being, financial awareness, sex and relationship education, drug, tobacco and alcohol education, bullying and citizenship, at a level appropriate to children's age. We currently use the 3D Dimensions Scheme to support the planning of PSHE lessons. This scheme is in line with the National Curriculum Framework and includes creative lessons which meet the needs of all pupils and can be adapted to fit into our Seabridge ethos.

At Seabridge we promote British Values and prepare children for life in modern Britain. Through PSHE and across the curriculum, children explore democracy, rights and responsibilities, respect and tolerance of those with different faiths, beliefs and opinions. At Seabridge PSHE is one of the many ways in which we support the Spiritual, Moral, Social and Cultural development of our children.

Opportunities to further children's development in Personal, Social and Health Education are embedded throughout our curriculum including PE, Science and Philosophy for Children (P4C). A wealth of enrichment activities further support and complement our PSHE curriculum. These include residential trips, school visits, visitors, school events, sports, arts and music clubs and events. Personal and Social skills are at the heart of our school values and are the focus of school assemblies, class behavioural systems and Superstar awards. Seabridge children are actively involved in making discussions and discussing issues surrounding their health, friendships and wellbeing through the School Council and other pupil voice activities.