

Personal, Social and Health Education (PSHE) Curriculum intent:

At Whitchurch CofE Primary School, the intent for our PSHE curriculum is to help children to lead safe and healthy lives so they can leave our school feeling prepared for future learning, the world of work and significant life events.

We believe our children should have opportunities to develop their own personal skills as well as discuss the spiritual, moral, social and cultural (SMSC) aspects of life. We encourage children to think about their rights and responsibilities that come with growing up and how they can contribute to the diverse community in which we live. We know it is important for children to have great self-worth and good emotional intelligence. All lessons therefore aim to support children in articulating their feelings and opinions in order to monitor, maintain and strengthen mental wellbeing.

At Whitchurch CofE Primary School, PSHE is taught in a way that reflects our school values of love, courage and respect, as well as promoting the British Values. Children are provided with resources, vocabulary and strategies that enable them to comprehend, debate and manage various challenges or situations they may face now and/or in the future. Our aim is to allow children to share their thoughts within a safe, yet stimulating environment where all ideas are welcomed and valued, for example in whole class circle times. Through first-hand experiences children can develop their confidence and teachers can nurture independence. Group activities such as role-playing different scenarios, as well as any written evidence is recorded to represent how children are progressing through this subject.

All staff believe that PSHE forms a fundamental part of primary education and to enable children to become respectable citizens of their society and their school community, PSHE lessons need to be taught weekly. However, there can be occasions where teachers may feel it necessary to teach PSHE ad-hoc as a result of an issue raised during the school day. We offer a broad and rich PSHE curriculum throughout the school from the Early Years Foundation Stage to Upper Key Stage 2. In our planning, we cover the Hampshire units of work for PSHE alongside HeartSmart for EYFS and Key Stage 1, and Jigsaw for Key Stage 2. It equips children with the necessary skills to build strong relationships, be more resilient and ultimately allows them to think with their heart, as well as their mind. HeartSmart is based on the Christian faith and each session is linked to a Bible verse. As a church school, we feel this greatly aids our teaching of Christian values through PSHE.

Here at Whitchurch, our PSHE curriculum contains relevant and meaningful content, allowing children to not only relate their own experiences to new learning but also for them to build on prior knowledge and skills.

Sex and Relationship Education (SRE) is a crucial element of PSHE and is taught in line with our safeguarding policy in every year group. From our earliest years, SRE is about the lifecycles of different living creatures and also about mutually supportive relationships. Our children are encouraged to develop their understanding of various family structures and learn that every family is unique and special. In the upper years, SRE involves life-long learning about physical and emotional health and enables children the chance to develop an understanding of sexuality and gender, as well as the responsibilities that coincide with these. We aim to teach SRE within a safe and sensitive environment using honest and accurate information and age-appropriate resources.

Through our teaching of PSHE entwined with SMSC, HeartSmart, Jigsaw and SRE we want every child at Whitchurch CofE Primary School, no matter of their faith, ability or background to have the confidence to push themselves and persevere, to love themselves with a compassion for others and to have a positive understanding of what it means to be a successful member of our ever-changing, multi-cultural world.