

# Personal, Social and Health Education (PSHE) and Relationships, Sex and Health Education (RSHE)

At Langtoft Primary School, children's wellbeing, happiness and safety are our first priority.

We share this vision with the children through our PSHE teaching as well as through all areas of the curriculum. We regard PSHE as an important, integral component of the whole curriculum. It is central to our approach and at the core of our ethos.

The aim of our PSHE and RSHE curriculum is to prepare the children for the future, both in education and in life. It promotes children's personal, social and economic development as well as their health and wellbeing. PSHE underpins all curriculum and is also taught discretely.

Through our teaching of PSHE and RSHE we aim to provide children with the knowledge, skills and understanding they will need to lead confident, healthy, independent lives and become informed, active and responsible citizens.

The intent of our PSHE and RSHE curriculum is to deliver a curriculum that is accessible to all children, ensuring that they understand and value how they fit into and contribute to the world, both now and in the future.

As a Rights Respecting Gold School we aim to provide our children with opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.

Our PSHE curriculum encourages children to:

- Develop personal and social skills with **Consideration** for others' ideas and opinions
- Work through practical problems and challenges ~ **Resilience**
- Discover how they learn best ~ **Independence**
- Pursue knowledge that interests them ~ **Ambition**
- Learn how to manage failures ~ **Resilience**
- Build **Confidence** in decision making and evaluating risk

**Ambition ~ Independence ~ Cooperation ~ Consideration ~ Confidence ~ Resilience ~ Respect**



- Understand the benefits of a balanced and healthy lifestyle
- Develop a deep **Respect** for each other
- Regularly experience achievement and success
- Reflect on learning and experiences
- Develop their language and communication skills ~ **Cooperation**
- Become more motivated to achieve ~ **Ambition**

### IMPLEMENTATION

Our PSHE curriculum is delivered through JIGSAW - a spiral and progressive scheme.

Jigsaw covers all elements of the National Curriculum in PSHE and incorporates the full requirements of the government statutory curriculum on Relationships, Health and Sex Education.

Sex Education (which we view as human reproduction) is covered within our science curriculum. This element is statutory. Please refer to our policy on PSHE (including Relationships Education and our position on Sex Education) for further details.

At Langtoft Primary School we allocate 45-60 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Class Charter, through relationships child to child, adult to child and adult to adult across the school, through pupil roles and responsibilities and in other specific areas of our curriculum such as online safety. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in My World	Celebrating Differences	Dreams and Goals	Healthy Me (Government Health Education statutory requirements)	Relationships (Government Relationships Education statutory requirements)	Changing Me (Government Relationships Education statutory requirements)

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High aspirations	<p>High standards of expectations which are the same as core subjects.</p> <p>Allow children to have a deeper understanding of events such as how, why and when.</p> <p>Use of precise technical vocabulary to extend children's knowledge.</p> <p>Questioning throughout the lesson to extend knowledge</p> <p>Encourage children to embrace challenge, question themselves and enjoy working hard.</p>
Cultural experiences and enrichment	<p>Incorporate activities in the classroom and whole school for:</p> <p>World Mental Health Day (10<sup>th</sup> October)</p> <p>Black History Month (October)</p> <p>Around the World Week to learn about other faiths and culture (summer term)</p> <p>Themed Weeks such as Arts Week, Sports Week</p> <p>Anti-bullying week and Odd Socks day (November)</p> <p>Children in Need day (November)</p> <p>Road Safety Week (November)</p> <p>Mini police</p> <p>Residentials (Y4-6) and school trips</p>
Life-long love of reading	<p>Classroom has non-fiction books on display that link to topic.</p> <p>Books are shared relating to PSHE and RSHE in the classroom and in whole school assemblies.</p> <p>Children's books available on emotional and physical well-being.</p> <p>There is access to a range of diverse which give the children opportunities to investigate others' lives, worlds and perspectives.</p>
<p>British values</p> <p>Democracy</p> <p>Rule of Law</p> <p>Individual liberty</p> <p>Tolerance and Respect</p>	<p>Active School Council</p> <p>Rights Respecting School representatives from Y2 upwards.</p> <p>Mini-police</p> <p>Democratic voting process to nominate pupil committees.</p> <p>Play Leaders trained by School Sports Partnership</p> <p>Online safety lessons. Information shared with parents/carers.</p> <p>Fundraising through Harvest Festival donations for local foodbanks</p>

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### Christmas Shoebox Appeal

Fundraising and supporting other charities throughout the year

Discussion and work on British Values in PSHE and RSHE and throughout the whole curriculum. PSHE lessons consistently demonstrate the value of British values.

Class Dojo system to help children understand the importance of having rules and learn the benefits of rules

Teaching children the challenges of today, they are able to discuss differences, challenge prejudice and discriminatory behaviour and respect other views.

Topics, such as Ancient Greeks, Romans etc... link into wider learning of democracy and liberty.

Weekly Celebration Assembly- celebrating achievements both inside and outside of school.

Class Charter created with the children within every classroom.

Whole School Wellbeing display where acts of kindness are recognised and books are available for children to read linked to wellbeing. Wellbeing ambassadors from Y2 upwards.

### IMPACT

We measure the impact of our curriculum through the following methods:

- Discussion during lessons.
- Children self-assess their understanding of the learning objectives.
- Images and videos of the children's practical learning.

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