

PSHE/RSHE

Intent

PSHE/RSHE helps children and young people to be safe, healthy and prepared for life's opportunities and is a vital part of our curriculum. It is designed to give our pupils the confidence, information and skills to make safer choices and wiser decisions in order to live a full and happy life. It is an entitlement for all children because children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. We aim to ensure that children learn the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

Implementation

We follow a programme called Heartsmart - a programme that focuses upon building character, enjoying healthy relationships and developing an understanding of well-being. Heartsmart covers five principles; Don't Forget to Let Love in, Too Much Selfie isn't Healthy, Don't Rub it In Rub it Out, Fake is a Mistake, No Way Through isn't True and these principles are revisited and built upon each year. Pupils are given opportunity to explore a range of topics including; relationships, bullying, health and healthy lifestyles; diet, exercise, self- esteem and body image, tobacco, alcohol and drugs.

Wider Curriculum

- We believe that focusing on developing a 'can do attitude' in our children will help them to build resilience, independence and confidence; embrace challenge; foster a love of learning; and increase their level of happiness. We do this through the language we use in class, praising children for their efforts, and using language to encourage children to change their way of thinking. This supports both our school core values of love, determination, respect, honesty, courage and compassion and PSHE aims and values.
- PSHE, including SMSC and British Values, is an integral part of the whole school curriculum, and is therefore often taught within another subject area.
- Visitors such as emergency services and the school nurse complement our PSHE/RSHE curriculum to offer additional learning.
- We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.
- Assemblies are linked to school values, PSHE, RSHE, British Values and SMSC.
- PSHE/RSHE, British Values and SMSC displays throughout school reinforce the PSHE/RSHE curriculum enabling children to make links.

Impact

Through PSHE/RSHE education we enable our children to become healthy, independent and responsible members of society, providing them with the skills and values needed to contribute positively at school and in the wider community. It helps to build character, emotional character, emotional health and resilience in children. It equips them with the foundational principles and skills that will improve their mental health, relationships and academic achievement.

We strive to ensure that by the end of their time with us at St Mary's each child will:

- Recognise and apply the British Values.
- Be able to recognise, understand and manage their own emotions.
- Understand who they can rely on and ask for support.
- Look after their own mental health and ask for support where necessary.
- Be on their way to maintaining a healthy lifestyle.
- Recognise differences and have an understanding of diversity.
- Apply learnt skills in real life situations.
- Demonstrate self-confidence and self-esteem.
- Have developed and maintained healthy relationships with peers and adults.
- Understand the physical aspects involved in the teaching of RSHE at the level appropriate to them as an individual.
- Show respect to themselves and others.