



Personal, Social and Health Education (PSHE)

Intent, Implementation and Impact



Intent

Our PSHE (including Relationships and Sex Education - RSE) curriculum enables children to develop the knowledge, skills and attributes they need to make informed decisions about their health, wellbeing and relationships. We teach children to respect themselves and others and the importance of responsible behaviours and actions. We aim to help pupils understand how to develop personally and socially. Our children are encouraged to be resilient, confident and positive. We help children develop their sense of self-worth. Our Relationships education focuses on giving pupils the knowledge they need to make informed decisions about their wellbeing, health and relationships, and to build their self-efficacy. We want them to enjoy contributing to the school and local community. We aim to prepare children for life as adults in modern multicultural Britain.

Implementation

- PSHE is an integral part of our daily practice, it is taught both discreetly and cross curricularly. A variety of teaching and learning strategies are used which encourage participation, with opportunities for pupils to develop critical thinking and relationship skills.
- We also address aspects of our PSHE curriculum in assembly time to ensure that PSHE remains a constant and relevant part of each child's education.
At times it may also be necessary for a class to have additional PSHE in response to an issue arising in their class.
- Furthermore, we give children many opportunities for personal growth by contributing to the school in a wider context, e.g. becoming a house captain, school council school ambassador, playground pal, library or lunch monitor or member of the worship team.
- PSHE is considered across the curriculum and is a fundamental part of the children's school experience. For example, in maths, children are taught the importance of a growth mindset which supports their self-belief, resilience and perseverance with problem solving. In humanities, the children learn the significance of their local area and key figures from within it. They also have access to positive role models from the community and this supports their learning in many areas, including religious education and learning about local heritage.
- Our Relationships and Sex (and Health) education is mainly delivered through our PSHE, Computing, Science and PE curriculums; however, where other high-quality curriculum links can be made, we will use these to broaden and deepen our children's understanding.
- Our central themes are:
 - Keeping safe and managing risk
 - Mental health and emotional wellbeing
 - Physical health and wellbeing
 - Relationships education
 - Identity, society and equality
 - Careers, financial capability and economic wellbeing

- To enrich the school's approach to PSHE and to broaden the curriculum, we organise events and opportunities such as celebration of the annual 'Children's Mental Health Week' which also raises awareness and compliments the school's commitment to promoting good mental health.
- The school has established and maintained a positive learning environment where the children have positive relationships with their peers and teachers.
- We regularly maintain up to date training which the subject co-ordinator disseminates to ensure an approach that is informed by current pedagogy and advice from experts, as well as involving the use of recommended resources including the school being a member of member of the DfE funded PSHE association.

Impact

- PSHE and RSE will promote pupil's wellbeing and will prepare them for the challenges, opportunities, and responsibilities of the next stage in their education and ultimately their adult life.
- By the end of their academic journey at St John's, the children will be able to demonstrate confidence and awareness about PSHE and RSE in an independent and safe way. They will have a growing understanding about safety and risks in relationships. They will be prepared for the physical and emotional changes they undergo during puberty.
- They will be able to articulate;
 - what is meant by a healthy lifestyle
 - how to maintain physical, mental and emotional health and wellbeing
 - how to manage risks to physical and emotional health and wellbeing
 - ways of keeping physically and emotionally safe
 - ways of keeping safe online
 - about managing change, including puberty, transition and loss
 - how to make informed choices about health and wellbeing and to recognise sources of help with this
 - how to respond in an emergency
 - to identify different influences on health and wellbeing.
 - how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts
 - how to recognise and manage emotions within a range of relationships
 - how to recognise risky or negative relationships including all forms of bullying and abuse
 - how to respond to risky or negative relationships and ask for help
 - how to respect equality and diversity in relationships.
 - about respect for the self and others and the importance of responsible behaviours and actions
 - about rights and responsibilities as members of families, other groups and ultimately as citizens
 - about different groups and communities

- to respect equality and to be a productive member of a diverse community
- about the importance of respecting and protecting the environment
- about where money comes from, keeping it safe and the importance of managing it effectively
- how money plays an important part in people's lives
- a basic understanding of enterprise.

The PSHE and RSE curriculum will have a positive impact on learners' health and wellbeing and therefore their ability to achieve the school vision of 'living life in all its fullness' (John 10:10).

Whole School PSHE Overview - LCP

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Keeping Safe and managing Risk	Mental Health and Emotional Wellbeing	Relationships education	Physical Health and Wellbeing	Relationships education	Identity, society and equality
1	Physical Health and Wellbeing	Keeping Safe and managing Risk	Identity, society and equality	Drug, alcohol and tobacco education	Mental Health and Emotional Wellbeing	Careers, financial capability and economic well being
2	Physical Health and Wellbeing	Identity, society and equality	Relationships Education	Mental Health and Emotional Wellbeing	Keeping Safe and managing Risk	Drug, alcohol and tobacco education
3	Relationships Education	Keeping Safe and Managing Risk	Mental Health and Emotional Wellbeing	Identity, society and equality	Careers, financial capability and economic well being Drug, alcohol and tobacco education	Physical Health and Wellbeing
4	Identity, society and equality	Drug, alcohol and tobacco education Careers, financial capability and economic well being	Physical Health and Wellbeing	Relationships Education	Keeping Safe and Managing Risk	Mental Health and Emotional wellbeing
5	Identity, society and equality	Careers, financial capability and economic well being	Drug, alcohol and tobacco education	Physical Health and Wellbeing	Mental Health and Emotional wellbeing	Relationships education

			Keeping Safe and Managing Risk			
6	Identity, society and equality	Mental Health and emotional wellbeing Drug, alcohol and tobacco education	Physical Health and Wellbeing including Digital Wellbeing	Keeping Safe and Managing Risk	Careers, financial capability and economic well being	Relationships Education