

Subject on a page: PSHE including RSE

We understand that children learn best when they feel safe, supported and celebrated. This stems from a cohesive and rigorous PSHE curriculum and echoes throughout our values.



Intent—We aim to...

Give children the tools they need to regulate their emotions so they are ready to learn and communicate their needs.

Develop every child's confidence, self-esteem and resilience to embrace challenges and achieve their goals.

Ensure pupils understand their responsibilities as part of a community: in their class, school, local area, country and as a global citizen.

Teach children the importance of, and how to uphold, our school's HEART values as well as British Values.

Provide children with a secure understanding in how to recognise and practise healthy relationships, including those online.

Teach necessary, life long skills including career aspirations, financial capabilities and managing risks.



Implementation—How do we achieve our aims?



Curriculum Design



To ensure a consistent approach from Early Years to Year 6, we use resources from the Cambridgeshire PSHE Service for planning. Units of work for Reception, Year 1 and 2, Year 3 and 4, and Year 5 and 6 ensure there are opportunities to revisit previous themes, adequate progression and content is delivered in an age-appropriate manner with necessary language and terminology. Plans from the PSHE Service provide a 'menu' of activities for teachers to choose from based on the needs of their class, which help to reduce teacher workload while ensuring lessons are purposeful and engaging for all pupils. Teachers also use their professional judgement to decide how to record lessons.

Myself and My Relationships

These units are taught in Autumn term throughout school to establish rules, roles and routines within each class. Themes covered include: beginning and belonging, family and friends, my emotions, anti-bullying and managing change—which is taught in the Summer term in some year groups to aid transitions. The fundamental skills taught in these units can be referenced throughout the year which is why we have planned them early in each year group in our long term plan.

Citizenship

Units on identities and diversity, me and my world, working together, diversity and communities, and rights, rules and responsibilities teach pupils the tolerance, communication skills and compassion necessary for being a global citizen. We are able to make these relevant to children in the context of their class, whole school and local communities. Many of these themes provide relevant opportunities to teach British Values and how our school ethos correlates with those in our wider society.

Healthy and Safer Lifestyles

These units include lessons that cover the statutory objectives for relationships and sex education at age-appropriate levels. Themes include: my body and growing up, keeping safe, healthy lifestyles, digital lifestyles, managing safety and risk, relationship and sex education, drug education and personal safety. E-Safety is also taught across school in Computing lessons in Autumn term and revisited in PSHE and Computing lessons throughout the year.

Economic Wellbeing

Lessons on financial capability are covered in Years 2, 4 and 6. As online and contactless payment systems become more commonplace, making money more of an abstract concept for younger children, we believe it is imperative to give children a secure understanding on the value of money and how to responsibly manage finances in their future.

Recording Responses

In order for lessons to be purposeful and engaging, they often involve high levels of discussion and practical activities rather than writing. Each class has a 'floor book' where responses and activities may be recorded to later reflect on. Each pupil also has a Personal Development Journal where personal responses or independent activities may be recorded. These move up with the children each year to continue their recording of PSHE learning and reflection. Showbie—our online learning platform—is sometimes used to share photographic and video evidence of lessons with pupils and parents.

Zones of Regulation

sad bored tired sick	calm happy focused ready to learn
excited silly frustrated nervous hyper	out of control anger rage terror

In January 2023, we implemented the Zones of Regulation across the school to ensure pupils can identify their emotions and strategies to ensure they are ready to learn. All teachers received training and opportunities to reflect on the implementation. Consistency in displays and language throughout Key Stages and the school mean this approach can be embedded for years to come and support children in regulating their emotions. Staff participation in identifying their Zone also positively models to children how it is not always possible to be in the Green Zone but offers opportunities to demonstrate strategies to ready ourselves for learning. 'The Haven' safe space in school also reflects this approach and supports pupils to regulate their emotions until they are ready to learn.

Pastoral Support

To ensure sensitive subjects are delivered appropriately, class teachers plan and deliver the PSHE curriculum and are mindful of safeguarding opportunities. Mrs Nicola Willett is our mental health, wellbeing and pastoral lead and Young Carers champion who is trained in using ELSA resources to support pupils. She is also a Designated Safeguarding Lead; staff are able to liaise with her to discuss or report concerns that may arise through discussions or responses in PSHE lessons in line with school policies. 'The Zone' safe space is in a central location in school, available to all pupils and equipped with resources to aid calming strategies.

Picture News

From September 2022, we have subscribed to Picture News for fortnightly whole school assembly resources. Each assembly chooses a current news story and provides an image and thought-provoking question to aid discussion. These resources are available in a PowerPoint and video format to easily deliver in class if required. The resources are designed to provide opportunities for children to learn from our world and develop respect for other's beliefs, feelings and faiths. They encourage exploration, discussion, challenge and inspire children to learn. The full range of British Values are covered throughout the year and the Protected Characteristics are addressed positively to challenge stereotypes.



NSPCC



Each year—usually linked to anti-bullying week—we deliver the NSPCC's Speak Out, Stay Safe assemblies to Reception, Key Stage 1 and Key Stage 2 with supporting pre and post assembly resources. Children are able to name their trusted adults both in and out of school and learn to recognise types of abuse at an age-appropriate level. We ensure that pupils understand the role of the NSPCC and Childline as well as some of the United Nations' Rights of the Child.

PSHE across the curriculum

Our CUSP Reading lessons use high-quality texts that reflect the diversity of our modern world through a range of authors and characters. Specific social, ethical or moral issues are incorporated into reading lessons but treated as further opportunities for PSHE discussions and learning opportunities. Whole school themed weeks such as Children's Mental Health Week are also celebrated and linked to literature as a stimulus wherever possible.

Careers Education

As part of our school development plan we aim to raise aspirations and awareness of local career opportunities. We aim to: increase awareness and aspirations of the range of jobs and career pathways available to them; decrease the extent to which stereotypes limit children's thinking about their future careers; provide children with a forward looking, realistic view of jobs and the way we work; develop their understanding of the link between what they learn in school, skills and the world of work; and increase in parental engagement in supporting children to think broadly about future careers.



Impact—How will we know we achieved our aims?

