

PSHE and RHE Subject Statement

Intent

PSHE (Personal, Social and Health Education) and RHE (Relationship and Health Education) is about making good decisions.

To be effective it must be grounded in an understanding of what enables us to act in real life situations. This includes our knowledge, but also skills and our own personal qualities.

As a school we want to provide pupils with the knowledge, understanding, attitudes, values and skills that they will need in order to thrive and reach their full potential as individuals in our school, but also to prepare them for adult life in the wider community.

During PSHE lessons the children will learn to recognise their own worth, work with others and become more responsible for their own learning and development. They will be able to reflect on their own experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

The children learn to understand and respect our common humanity; diversity and all of our differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

Other aspects of PSHE such as British values are consistently and deeply rooted in the school's core values and are constantly worked on and intertwined throughout all lessons and the school day.

Implementation

Following Jigsaw we cover all areas of PSHE and RHE from Reception to Year 6. We also work with various other professionals to reinforce and support our teaching of key areas of the curriculum. Lessons are taught weekly throughout school enable us to help children develop in an age appropriate manner.

As well as the discrete taught sessions, we also see these are part of our every day life in school. This is supported by the 'Skills Builder' and also our school values which we link to the teaching of PSHE and RHE. We have weekly celebrations where children awarded for showing these characteristics.

To enrich the school's approach to PSHE and RHE and to broaden the curriculum, we organise events and opportunities, raise awareness and participate in national drives surrounding mental and physical health, and citizenship. Furthermore, the school offers targeted support to families and children who may be in need. In each curriculum area, consideration is given to the school's own context to ensure that learning experiences are meaningful and relevant. Learning experiences themselves are also varied and opportunities for learning outside the classroom are also valued, considered and specifically planned for. Children are provided with opportunities to take pride in and ownership of the school grounds, making use of the edible playground resources and the school's rooftop terrace garden.

Through the involvement of visitors with specialist skills and backgrounds and the careful consideration and planning of trips and real-life experiences, the children are able to build on their knowledge of community and develop the skills they will require for life after education.

Impact

We have established and maintained a positive learning environment where children can come to school and thrive with support from the adults they work with and their peers. Children have positive, healthy relationships with those around them built upon mutual trust. As children leave Edenham in Year 6, they are prepared to move onto Secondary School, with the confidence to stand up for what they believe is right and know the steps needed to take care of themselves both mentally and physically.

Pupils at Edenham will be able to:

- Express their feelings and emotions in an appropriate way
- Actively live a healthy lifestyle both mentally and physically
- Be a valued citizen in our ever-changing world
- Have confidence in being able to express themselves
- Maintain healthy relationships