

## PSHE at Heathfield

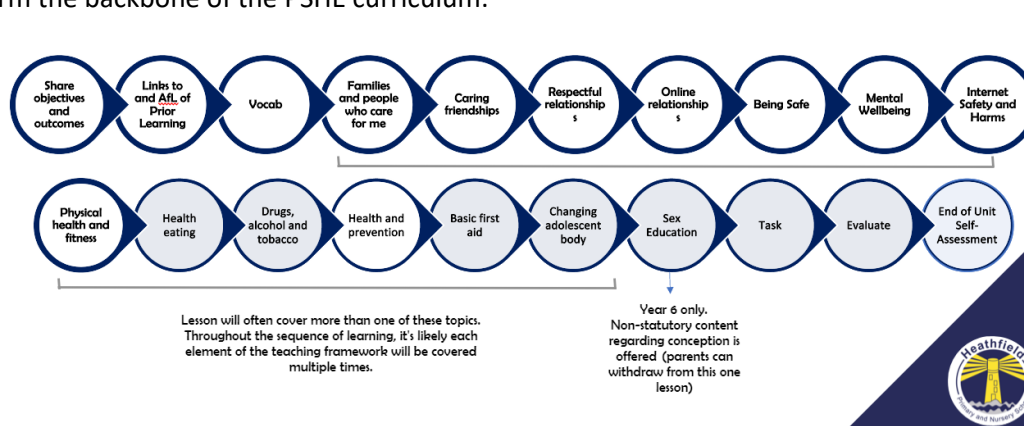


### Intent

The principle aim of PSHE at Heathfield is for all children to gain an in-depth understanding of themselves and their community, allowing them to leave Heathfield as happy, respectful, and well-rounded individuals. We want children at Heathfield to gain essential skills they will need to be successful in life through complex decisions making; knowing the difference between right and wrong; and understanding how to keep themselves safe. We include and promote British values, ensuring that children are aware of their rights and responsibilities as UK citizens. At Heathfield, we encourage and promote social awareness and understanding in our children and have links with the local community to allow children to draw and develop on their own personal experiences. PSHE also covers the differences and similarities between people, communities, religions and families. It also aims to follow a comprehensive and inclusive scheme of work that shows progression from EYFS to Year 6, building on prior knowledge and allowing all children to be successful.

### Implementation

Each PSHE unit follows the same sequence of learning to ensure the coverage of the key elements that form the backbone of the PSHE curriculum:



We provide high quality PSHE and RSE lessons following the SCARF scheme of work, from EYFS to Year 6. They cover the following areas:

- Families and people who care about me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body
- Sex education (Year 6 only)

At Heathfield, we also follow the statutory requirements for PSHE from the National Curriculum, as laid out in the latest guidance (September 2020). The SCARF scheme covers this, as well as SMSC and RSE. It is an up to date scheme that ensures teaching have the resources to cover these areas effectively.

### SEND Provision and differentiation

Inclusivity is central to Heathfield's philosophy. To ensure all children are able to access the PSHE curriculum, teachers use a range of strategies to support the inclusion of children with SEND. This includes the differentiation of objectives and activities, the use of smaller steps to support progress and the use of tailored resources. As the topics within PSHE can be quite personal, such as relationships, most of the PSHE work can also be differentiated through outcomes to support all children's needs.

### Assessment

Assessment for learning forms an integral part of the teaching of PSHE, to gauge understanding, address misconceptions, stretch the learning of higher ability pupils and inform next steps. In EYFS, the children are continually assessed for PSED, and this is recorded every term, with progress tracked. In Key Stage 1 and Key Stage 2, each lesson of PSHE is assessed in line with our marking and feedback policy. Additionally, self-assessment is used in Key Stage 1 and Key Stage 2.

### Withdrawal from RSE

Whilst we always try to work with parents to explore their views, we also accept that parents can exercise their right to withdraw their child from the non-statutory sex education elements of our programme. There is no right to withdraw from Science, Relationships Education or Health Education as these are statutory requirements. Parents can exercise their right to withdraw their child from non-statutory sex education in year 6 by sending a letter or email to the Headteacher. Before teaching any non-statutory requirements, teachers will ensure a letter has been sent home to inform parents when the lessons are taking place. This will be sent in advance to allow any concerns to be discussed. Teachers will plan appropriate, purposeful education for children who are withdrawn from sex education.

## Impact

The teaching of PSHE at Heathfield is to ensure the following:

- Children know how to keep themselves and others happy, healthy, and safe.
- Children understand how individuals and families can be made up of different people and are respectful of the decisions of others, even if they are different to their own.
- Children can recognise negative behaviours and know how to appropriately respond, and where/how they can seek help for themselves or someone else.

## How the Heathfield Pledge is delivered through PSHE

**Happy, safe and confident**

Within PSHE lessons, positive relationships, mental health and well-being are highly valued and the children are encouraged to be reflective learners. In an age-appropriate way, children are asked to think about their friendships with other children, what makes a good friend, a good team mate. As the move through school, children explore bullying, 'by-stander' behaviour, drugs and alcohol education, domestic violence and how to identify negative characteristics of relationships. Children are taught how to be assertive and look at strategies to deal with situations they may find difficult. Half-termly well-being themes, and weekly well-being assemblies also help highlight the importance of positive mental health and aim to help children understand how to manage their emotions and keep themselves safe and confident.

### **Eager to learn**

Children are taught key life skills and this helps children to link their learning to their own lives. This makes their learning more personable and exciting. PSHE also covers a variety of skills and strategies and therefore the children are always able to find an area of PSHE that they can relate to or are good at.

### **Aiming high**

PSHE gives the children the self-confidence and self-belief to achieve well and want to do more. Children want to aim high and achieve as they learn key life skills and the importance of hard work. Children find individual skills they are good at and want to aim high in.

### **Taking care**

PSHE covers mental health and wellbeing and teaches the children to have a positive outlook. PSHE also covers emotions and how to cope with changes - this promotes the importance of how to take care of yourself and others.

### **Healthy attitudes**

Children learn about keeping themselves healthy through swimming, PE lessons, specific lessons from the SCARF scheme and general school health. PSHE also promotes a healthy and positive attitude to situations. This helps the children to have positive mental health.

### **Focused on enrichment**

Children learn how to represent the school through the Heathfield Young Leaders Programme. There are eleven different roles including: School Council, Playground Buddies, Peer Mentors, Eco-Team and Well-Being Ambassadors. All of the roles allow children to inspire others to take pride in themselves and their school.

PSHE also covers enrichment in the community such as taking care of others, fundraising and community events. After school clubs, instrument tuition and theatre groups and all examples of how the children immerse themselves in Heathfield life and link these to their PSHE learning.

### **Including everyone**

PSHE teaches the children how to treat others. By covering lifestyles and relationships, the children learn that everyone is different, and everyone is equally valued regardless of race,

religion, gender or sexual orientation. It also covers a wide variety of skills and helps all children to feel like they can achieve.

### **Environmentally aware**

Children learn about the importance of the environment and looking after the world around them. Children litter pick around school and the eco-team promotes other children to look after the world. PSHE teaches children about the future and taking care of the world. Children are environmentally aware and take pride in looking after the environment in the school and outside in the world. Even children in foundation are taught about the environment through growing and planting and looking after their plants.

### **Living in harmony**

Children learn about others in PSHE. They learn about different relationships and what a healthy relationship looks like. Children learn to respect themselves and each other. They learn that everyone is different but equally valued. PSHE promotes healthy relationships and living with others.

### **Developing global citizens**

The school raises money for Children in Need, Red Nose Day and take part in Save the Children. School Council play an active part in listening to their class mates and are advocates for bringing new ideas to meetings to help and support others in the local, and wider, community. Children learn about other areas of the world and how citizens across the globe live.

PSHE also cover cultural experiences in which the children learn about different cultures across the world. Children take part in experiences such as African drumming which helps them to see how others live. Heathfield also have Spanish ambassadors in which the children are starting to make links with others schools in Spain.

## **How does PSHE link to other subjects?**

PSHE covers most other subjects. All other subjects in the curriculum have links to PSHE and the topics covered within the subject can be found in others - for example, understanding the importance of money can be linked to maths. English is linked to PSHE as many reading books and learning from reading is found within PSHE. PSHE covers the importance of money which is linked to maths. Many key skills that are taught in PSHE such as life skills and social and emotion support will link to all subjects. PSHE talks about the importance of health and mental wellbeing which is linked to P.E.

PSHE also covers the differences and similarities between people and learning about others - this helps to cover geography and history subjects as the children learn about treating others with kindness and respect.

These links positively impact on the children as they can link their learning together. It also helps to promote a wide variety of skills and therefore can be accessed by all of the children.

## **What can PSHE inspire children to be in the future?**

PSHE at Heathfield helps children to become responsible, understanding, well-rounded citizens. They will learn about British values as well as universal values and their place within their community. This

will help children to develop a number of valuable, transferable skills that will help children to thrive in the workplace and excel in a wide range of careers. This might include pastoral and teaching positions in education, or roles within the charity sector. PSHE at Heathfield will also inspire children to explore a wide range of jobs in health and social care, such as becoming doctors, nurses, psychologists and carers.