

PSHE including Relationships & Sex Education at The Federation of Priddy and St. Lawrence's C of E Primary School

Rationale

At the Federation of Priddy and St. Lawrence's, PSHE (Personal, Social, Health and Economic Education) and RSE (Relationship and Sex Education) is a planned programme of learning through which children acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. As part of our whole-school approach, PSHE and RSE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. We use the SCARF whole-school approach that embodies a positive philosophy to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn. SCARF brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness, social skills and spiritual development.

Knowledge Choice

SCARF provides a comprehensive scheme of work for PSHE education and covers all of the DfE's statutory requirements for Relationships Education and Health Education. It also covers the learning opportunities within the PSHE Association's Programme of Study, therefore providing for elements such as the rights of the child, caring for the environment, economic education, and children's social, moral, spiritual and cultural (SMSC) education, including British Values, which are statutory requirements.

All year groups working on the same theme, at the same time at their own level. There are six units, that progress termly and in sequence from the start of each academic year. Each year group is taught one lesson per week. All lessons are delivered in an age and stage appropriate way so that they meet children's needs.

Term 1 – Me and My Relationships

Term 2 – Valuing Difference

Term 3 – Keeping Safe

Term 4 – Rights and Responsibilities

Term 5 – Being my Best

Term 6 – Growing and Changing

Progression in PSHE involves developing skills and knowledge through:

The core themes of:

- Health and Wellbeing
- Relationships
- Living in the Wider World.

End Points

By the end of key stage 2, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Statutory RSHE

Caring Friendships Respectful Relationships Online Relationships Being Safe

Through our curriculum, our school environment, our school ethos and the strength of our relationships, we strive to promote pupils' positive self-esteem, and emotional, social, and physical wellbeing.

We intend to help our children to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others.

We want our children to know and understand what constitutes a healthy lifestyle and develop a growing awareness of a broad range of safety issues.

We want them to know where to ask for help if they need it.

We strive for our children to grow into independent, resilient, active and responsible individuals, who are able to make informed decisions and opinions and know their voices are heard and valued. We want them to be able to bounce back in the face of adversity!

We want them to be ready learn, behave with integrity, build in time for reflection on life and work consistently well with others.

We want our children to celebrate difference and feel included, regardless of age, gender, race, culture, sexual orientation or disability.

Above all, we want to prepare our children to flourish, thrive and develop into happy, self-assured, and confident young people ready for life and an ever-changing world.

Implementation

At Priddy and St. Lawrence's School Federation, we follow the leading children's health & wellbeing charity Coram Life Education PSHE scheme of work; SCARF. It is a whole school approach which includes Sex & Relationships Education. SCARF is a spiral Curriculum mapped to the PSHE Association's programme of study and is divided into six half- termly units:

- ❖ Being my Best
- ❖ Me and my Relationships
- ❖ Keeping Myself Safe
- ❖ Valuing Difference
- ❖ Growing and Changing
- ❖ Rights and Responsibilities

Every teacher uses the SCARF online resources however, they are adapted to suit the needs and diversity of the class involved. To ensure our curriculum is relevant to the needs of our children, we will carry out in-house surveys twice a year and use The Somerset Pupil Wellbeing Survey, every two years.

The PSHE Lead will meet with a group of children twice a year to carry out a PSHE pupil voice surveys.

Children will have regular opportunities to express their views and opinions in class and there will also be a question box available in all classrooms for those children who wish to ask questions anonymously.

Visiting speakers from the community, e.g. health promotion specialists, school nurses, community police, fire officers and The Life Education Bus are planned into the teaching sequence to ensure learning is deeply embedded and experiential.

Themed weeks/days occur throughout the year further enforce learning e.g. Children's Mental Health week, Anti-Bully and Safer Internet Day.

Classes record their work in floor books, which are monitored by the PSHE LEAD at the end of each unit. Children are matched to 'I can statements' at the end of each unit. PSHE lessons will be monitored by the PSHE Lead.

The PSHE lead will ensure staff have regular access to high-quality CPD to ensure strong subject knowledge and confidence.

We use assemblies to explore issues through our Christian Values (Friendship, Love, Hope, Compassion, Peace, Thankfulness and Trust) and where additional support is required to develop a child's personal, social, emotional or health needs we provide support through our ELSA practitioner.

Impact

Children at Priddy and St. Lawrence's Federation are able to talk confidently about how to maintain positive emotional, social and physical wellbeing. They know how to lead healthy lifestyles and how to keep themselves safe on and offline. They understand the importance of trusting, caring relationships and embrace and celebrate differences, ensuring everyone feels included. They support their peers in a way that demonstrates that their core values match those of the school's. They are ready to learn; resilient and reflective individuals and demonstrate a growth mindset. Our children are prepared for their journey to secondary school, independent and informed.

As a happy, healthy and safe young person leaving The Federation of Priddy and St. Lawrence's, every child will:

- ❖ Have a sense of purpose
- ❖ Value themselves and others
- ❖ Form positive relationships
- ❖ Make and act on informed decisions
- ❖ Communicate effectively
- ❖ Work with others
- ❖ Respond to challenge
- ❖ Be an active partner in their own learning
- ❖ Be active citizens within the local community
- ❖ Explore issues related to living in a democratic society
- ❖ Become healthy and fulfilled individuals
- ❖ Raise their self-esteem and confidence, so they are happy with themselves and their relationships with others
- ❖ Prepare for and positively manage the changes that occur to their bodies, minds and emotions as they grow from childhood to adulthood
- ❖ Understand the nature of positive human relationships and what traits and personal attributes will support them to flourish
- ❖ Recognise unhealthy relationships and know how to make safe and healthy decisions, including in the online world
- ❖ Develop understanding, tolerance and empathy for other people who may be different from them
- ❖ Prepare themselves for the opportunities, responsibilities and experiences of adult life and to develop resilience when facing difficult situations
- ❖ Understand where to access information and support