



PHSE Curriculum Statement

Intent

In line with our vision of children becoming their best versions we believe that personal, social and health education (PSHE) enables our children to become healthy, safe, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We are dedicated to ensuring that St John' is a happy, stimulating and caring place and we expect high standards of behaviour and good manners throughout the school. Behaviour and attitude to learning is underpinned by values that are taught through PSHE lessons, making it integral to the success of the whole school. PSHE is at the heart of our school ethos and is underpinned by our Christian vision of being your best version and supported by our Christian values.

We encourage our children to take part in a range of practical roles and activities that promote active citizenship such as: Wellbeing Ambassador, Infant Dinner Helper, Sports' leader, Playground Buddy, School Councillor, Eco Councillor, Librarian, Worship Committee Member, class and whole school fundraising, Reading Buddies and engagement in school and local events. Children have opportunities to meet and work with members of the community, such as: Health Workers, Sports' Coaches, Secondary school pupils, artists, authors, representatives from the local church, and Council. We participate in, and promote National events such as: Democracy Week, Anti-Bullying Week and Road Safety Week in addition to major Christian festivals.

We are committed to supporting the mental health and wellbeing of all pupils and we have undertaken training for pupils to be wellbeing ambassadors and undertaken whole school theme days to support this as well as speakers and staff training in addition to taking part in Children's Mental Health Week each year.

Implementation

PSHE is taught as both explicit lessons, using the PHSE Association scheme of work but it is also embedded in other areas of the curriculum and day-to-day life of the school.

The areas covered are:

Living in the Wider World

Autumn Term - *This core theme focuses on:*

- respect for self and others and the importance of responsible behaviours and actions
- rights and responsibilities as members of families, other groups and ultimately as citizens
- different groups and communities
- respect diversity and equality and how to be a productive member of a diverse community
- the importance of respecting and protecting the environment
- where money comes from, keeping it safe and the importance of managing it effectively
- the part that money plays in people's lives
- a basic understanding of enterprise

Health and Wellbeing

Spring Term - *This core theme focuses on:*

- 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
- 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

Relationships

Summer Term *This core theme focuses on:*

- 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

Through this theme the 5 key areas of Relationship Education are taught:

- Families and people who care for me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Impact

Children will be supported in their personal, social, health and financial and so develop:

- Happy and positive relationships
- Empathy and compassion
- The confidence to make the most of their abilities
- Value and respect of diversity
- Respect for others' rights to their own values and beliefs
- Evaluation (and appropriate challenge) of the opinions and arguments of others
- Leadership and presentation skills
- Strategies for managing influence
- Enterprise skills and attributes
- Skills for employability (aspiration, communication, creativity, goal setting)
- Taking positive risks

Teaching methods

Various teaching approaches are adopted which include whole class, group and individual learning.