

Woolston Infant School PSHE (Personal, Social, Health and Economic Education) including Relationships, Health and Sex Education

Intent, Implementation and Impact

Intent:

At Woolston Infant School a PSHE (Personal, Social, Health Education) curriculum aims to provide our pupils with spiritual, moral, cultural, mental and physical development and to prepare them for the opportunities, responsibilities and experiences of life.

Our PSHE curriculum intends to enable our pupils to acquire and develop the knowledge, skills and vocabulary they need to live a healthy, safe, responsible and balanced life.

We endeavour to give children opportunities to reflect on their own values and attitudes and those of others. We aspire to be able to develop children's understanding of themselves and their relationships with others.

We intend to:

- equip children with essential skills for life
- develop the whole child through planned and resourced lessons
- give children the knowledge, skills and attributes they need to protect and enhance their wellbeing
- teach how to stay safe and healthy, build and maintain successful relationships and become active citizens

Implementation:

We teach PSHE as discrete lessons following the progression of skills, knowledge and curriculum including the statutory curriculum of **Relationship and Health Education** and **Sex education**. PSHE education is not a discrete curriculum subject within the statutory EYFS framework, however, EYFS is a great place to start exploring the foundations of PSHE education. The EYFS statutory framework areas of Personal, Social and Emotional development, Understanding the World and Physical development have close links to the PSHE education Programme of Study. **Self-regulation, Managing Self** and **Building relationships** are at the core of the Year R learning.

Learning and development opportunities for these areas, as well as Communication and language, are interwoven within the pupils' experience through daily EYFS play-based activities, role-play areas, quality children's fiction and reflective discussion to begin to build pupils' knowledge and understanding, skills, attitudes and attributes related to PSHE elements of education.

Age appropriate Sex Education is not compulsory in primary schools, nevertheless, the children in Woolston Infant School learn about healthy relationships, emotions and feelings, bodies, safe and unsafe situations, personal boundaries, choices, private body parts etc. as a foundation for Sex Education later in life.

PSHE and RHE are taught as discrete lessons through the progressive scheme of work with the three Core Themes: **Relationships, Living in the Wider World and Health and Wellbeing**. Our staff use a wide range of teaching techniques and strategies including conscience alley, role play, discussions and class circle time to deliver the content of PSHE.

In addition to this, the development of personal attributes and themes of **personal safety, resilience, self-worth and positive mental health** apply across all areas, skills and topics and are closely linked to our school's Golden Rules and Woolston Infant School Values (**Achievement, Cooperation, Kindness, Perseverance and Tolerance**). Our **Healthy High 5** team also incorporates aspects of the core themes including mental wellbeing in their activities. The **Real Play** activities reach out to families. ELSA provision and **Little Acorns** provide support to children with managing their feelings, building and maintaining relationships. Liaisons with the **Senco** take place to ensure the best provision. Children's **pupil passports** in some cases include personal development targets to support personal and social progress. **Mindfulness minute** as well as **The Golden Mile** also support children with developing healthy bodies and healthy minds.

Ongoing discussions with the teachers are taking place when forming our school curriculum. We have updated resources and have purchased additional quality texts to use in PSHE to enhance the provision for our children.

Impact:

We are proud of the 'buy-in' ethos of our staff and children, of the caring, valued environment in our classes, school and the community. In their time at Woolston Infant School, children develop confidence to talk about personal matters, build up vocabulary and the correct use of the terms related to PSHE, they become more emotionally literate, aware of other people's feelings, experiences and perceptions.

The scheme of work has been updated to include the statutory curriculum. This is reflected in the skills and knowledge progression. Our monitoring cycle – including book scrutiny, planning scrutiny, pupil voice, drop in sessions etc. is completed as planned. The Relationship, Health and Sex Education Policy has been submitted to our Governors. The Report to Governors is produced at the end of the academic year.

Our children are able to reflect on their own values and explore the values and attitudes of others. They are offering the reasons, explanations and examples of situations, vocabulary and dilemmas presented to them in our school. We are proud of them beginning their journey to become responsible citizens.