



Reviewed May 2024

## St Berteline's Church of England Primary School

### Personal, Social and Health Education Curriculum Statement

#### Intent

At St. Bert's, PSHE is about the development of personal/ life skills to do with 'oneself' e.g. feelings, attitudes, values and choices. It is to do with social skills, the relationships around 'oneself' e.g. peers, friends, adults, families, employers and community. It is also to do with the development of a healthier, safer lifestyle and looking after 'oneself'. Promoting mental and physical health, the benefits of daily exercise, good nutrition and sufficient sleep. Also to have knowledge to understand the normal range of emotions that everyone experiences. *Personal, social and health education is an integral part of the whole curriculum. Our intent is to teach children to:*

- *Love themselves and to recognise their own importance*
- *Have empathy for others*
- *Forgive others and be aware of the damage caused by holding on to hurt*
- *Build healthy relationships*
- *Have a resilient mindset*
- *Make good choices and have healthy conversations based on truth*

At St Berteline's we aim to provide a broad, balanced curriculum which:

"Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society and prepares them for the opportunities, responsibilities and experience of adult life."

PSHE is central to the curriculum and is as much about how the school can develop the 'whole' person as it is about the knowledge that person needs.

#### Implementation

We teach life skills embedded with a Christian ethos through the Heartsmart Church school scheme of work. The Heartsmart programme of study builds progressively from Reception to Year 6 ensuring that all children learn from a whole school approach that values emotional well being, character building, healthy relationships and resilience. Life skills/ Heartsmart is mainly taught as a discrete lesson but links are made where relevant so that the curriculum is tailored to meet the needs of our children. We prioritise children's mental health through specialist help such as our school counsellor or ELSA trained staff. We regularly support local, national and international charities. Courageous advocacy is a key element of this.

The school accepts that it is the commitment of the whole school to be involved in PSHE. All those who work in or with our school have a role to play, staff, governors, professionals, pupils, caretakers, mid-day supervisors or anyone who the children may see as an adult role model within our school environment. This underlying expectation is central to the ethos and atmosphere of St Berteline's. It is in this 'hidden curriculum' that vitally important messages are transferred to the children.

Relationships between adults, and between adults and children must mirror these values, where individuals are respected and positive relationships are formed. These skills in the area of PSHE must be seen to be transferable, not only from situation to situation, but also from school to home and into the community.

#### Impact

Children leave our school as happy, well balanced individuals. They feel loved, cared for, valued and well prepared for the next step in life. Ofsted quoted "Pupils at St Berteline's feel like part of a family. They are happy at school. There is genuine warmth among staff and pupils. Pupils feel cared for and well supported."

Children flourish in extra curricular activities and residential visits, sports and drama.

Children hold responsibilities throughout school and have created a happy, safe learning environment.

They make decisions as members of the school council.

Children regularly fundraise for charities that are meaningful to them, this is a key element of our courageous advocacy.

A diagram to illustrate the connection between personal, social, health, relationship and sex education within the context of a church school.

