

A School in which relationships are good, where pupils actively participate in school life and where wider school policies reflect the school's commitment to pupils' wellbeing and personal development ought to be one where PSHE thrives. Additionally, provision for PSHE education also links to pastoral care and support systems and to advice and guidance provision.



### **St Michael's C of E Primary School - Our PSHE, RSE and Health Education Vision**



#### **Our Aims for pupils are:**

The aims of personal, social, health and economic education are to enable the children to:

- know and understand what constitutes a healthy lifestyle;
- be aware of safety issues;
- understand what makes for good relationships with others;
- have respect for others;
- be independent and responsible members of the school community;
- be positive and active members of a democratic society;
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues;
- develop good relationships with other members of the school and the wider community.

#### **The aims of relationships education, relationships and sex education:**

At St Michael's, the subjects we have put in place are the key building blocks of healthy, respectful relationships, focusing on family and friends, in all context, including online. This will sit alongside the essential understanding of how to be healthy.

Teaching about mental wellbeing is central to these subjects. A priority for St Michael's and for parents is that their children's are and feel safe. We know and understand that children and young people are increasingly experiencing challenges, and that young people are at particular risk of feeling lonely. The new subject content will give them the knowledge and capability to take care of themselves and receive support if problems arise.

#### **How?**

We teach PSHE and RSE through different aspects of the curriculum.

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In PSHE (Personal, Social, Health and Economic Education) we teach children about relationships, and we encourage children to discuss issues. For this, we take most of our learning, planning and understanding from HeartSmart and Coram Life Education. This allows for a thorough assessment and allows for a follow on of learning from Year 1 to Year 6.

We teach RSE through Science. We follow the guidance material in the national scheme of work for science. In Key Stage 1 we teach children about how animals, including humans, move, feed, grow and reproduce, and we also teach them about the main parts of the body. Children learn to appreciate the differences between people and how to show respect for each other. In Key Stage 2 we teach about life processes and the main stages of the human life cycle in greater depth. Children learn about puberty and how a baby is born.

Religious Education also provided opportunities for children to consider and discuss relationships, ethics, morality, respect and responsibilities in the context of faith and belief.

In Year 6 we place a particular emphasis on health education, as many children experience puberty at this age. We liaise with the Local Health Authority about suitable teaching materials to use with our children in these lessons. Teachers do their best to answer all questions with sensitivity and care. By the end of Key Stage 2, we ensure that both boys and girls know how babies are born, how their bodies change during puberty, what menstruation is, and how it affects women. We always teach this with due regard for the emotional development of the children.

Information for parents explaining that the Year 6 RSE programme is to take place will be included in that term's curriculum leaflet.

### **Teaching and Learning**

All PSHE learning whether it is taken from HeartSmart (Year 1-Year 6) or Coram Life Education (Nursery – Year 6), will follow on like threads.

All PSHE & RSE work will be kept in a class folder, which can be found in each classroom. This class folder will be taken up with the class so by the end of Year 6 the folder should be full of all in the resources and learning that the children haven't learnt throughout their time at St Michaels. We also have a class record book for both PSHE and RE. In here teachers will take notes of comments from the children related to the lesson.

SEND children are supported and differentiated for. We address their needs with the care and attention and help them to access our daily learning and routines.

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**Impact:**

By the end of their journey at St Michaels we would like the children to have a wider understanding of the world around. This includes topics around:

- Bullying
- Careers
- Health and wellbeing
- Keeping safe
- Valuing differences
- Growing and changing
- Healthy relationships
- Feelings and emotions
- Living in the wider world
- Rights and responsibilities

We want the pupils to enjoy their learning about PSHE and RSE, but to also be able to feel that they can talk about things that are personal to them and share their experiences with others without a feeling of being embarrassed or misunderstood.