

PSHCE at Monkfield Park

We use 'Personal, Social, Health and Citizenship Education' (PSHCE) as an umbrella term for all aspects of practice and learning in our school associated with wellbeing and health. A significant part of our PSHCE provision will be accessed through the planned, taught curriculum. Our PSHCE curriculum is supported by whole school enrichment activities.

Why is PSHCE important?

PSHCE helps children to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives, now and in the future, as individuals, citizens, workers and parents. It is embedded within wider learning to ensure that children learn to develop resilience and healthy relationship skills, which they will practise and see enacted in the school environment. As a school, we have the flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

Many aspects of our PSHCE curriculum became statutory from September 2020, as part of Relationships Education and Health Education. We do not seek to teach Relationships Education and Health Education as separate subjects, but integrated through the topics we cover in our broader PSHCE programme. Furthermore, there are other areas which we consider important for our children e.g. Road Safety and Financial Education. These areas are not statutory, but we will teach them in the wider context of our PSHCE provision to meet the needs of our children.

Relationships Education puts into place the building blocks needed for positive and safe relationships, including with family, friends and online.

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Further information can be found by clicking on the below link.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

What do we intend PSHE to look like at Monkfield Park?

High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. We primarily use the highly regarded Cambridgeshire Primary Personal Development Programme and the resources recommended within it when planning and delivering PSHCE. The programme (which is covered through the taught curriculum and our wider provision) includes teaching and learning within the following strands and themes:

Myself and My Relationships: including My Emotions, Beginning and Belonging, Anti-bullying, Family and Friends and Managing Change.

Healthy and Safer Lifestyles: including Personal Safety, Digital Lifestyles, Drug Education, Relationships and Sex Education, Healthy Lifestyles and Managing Safety and Risk (including Road Safety).

PSHCE at Monkfield Park

Citizenship: including Diversity and Communities, Rights, Rules and Responsibilities and Working Together.

Economic Wellbeing: including Financial Capability.

Our long term plan for PSHCE details when the different themes are taught within a two year rolling cycle.

The entitlement frameworks for each key stage, are presented as questions with which children will engage as they progress through our school, revisiting themes in a spiral curriculum.

When **implementing** the PSHE curriculum you will see ...

- Ground rules
- Whole class and group discussions
- Circle time
- Partner work
- Scenarios & Role play
- Draw and write activities
- Stories
- Puppets

We promote the needs and interests of all pupils, inclusive of gender, culture, ability and aptitude. Our approaches to teaching and learning take into account the ability, age, readiness and cultural backgrounds of the children to ensure that all can access the PSHCE curriculum.

Children at Monkfield Park see PSHCE learning as a crucial part of education that helps them understand themselves and others and believe it prepares them for teenage and adult life. Below are their views and comments on PSHCE learning/lessons.

"Diversity is a really important subject that we cover in PSHCE to ensure that racism is not part of our school and wider community." Anika (Year 6)

"Drug education educates you about the types of dangerous things you should not do in teenage and adult life." Jack (Year 6)

"The things that we learn about in PSHCE can help you to become a better person and to know that other people can have the same problems as you." Zachary (Year 5)

"PSHCE learning prepares you for what might happen in certain situations and how to keep yourself safe." Vaanya (Year 5)

"After learning about my emotions, I know what I can do if I am worried or angry and how to help my friends." Oliver (Year 2)