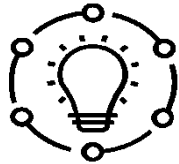


PSHE

PSHE education helps children and young people stay healthy, safe and prepared for life and work opportunities in modern and diverse Britain.

Intent

At Asterdale our vision for Science is:



At Asterdale Primary School, PSHE is at the core of all we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the 'whole child' intellectually, morally, socially and spiritually.

PSHE is taught across the school from nursery to Year 6 on a weekly basis and the whole school follows the Jigsaw PSHE scheme. Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. At the heart of our PSHE teaching we have a commitment to promoting and enhancing our core values: responsibility, respect, perseverance, wisdom, compassion and forgiveness.

With an ever changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. We want our children to view themselves as global citizens and aspire for them to leave Asterdale as considerate, respectful and resilient individuals. It is important that they are aware, at an appropriate level, of different factors which may affect their world and that they learn how best to deal with these so that they have good mental health and well-being.

A key part of our curriculum is Relationships and Sex Education and our delivery of RSE enables our children to learn how to be safe, and empowers them to have healthy fulfilling relationships, both now and in their future lives.

Through our whole-school approach to PSHE, it is our belief that excellence in these areas will lead to high aspirations across the curriculum and beyond in later life. We aspire for the children to view themselves as lifelong learners who can always aim for the stars.

Implementation

We translate this into practice by:



At Asterdale Primary School we take great pride in our holistic and pastoral approach, so we have adopted the Jigsaw scheme of work which aims to develop the 'whole child' through the curriculum. We implement the Jigsaw approach from Nursery to Year Six and teachers adapt the scheme in order to reflect the needs of their pupils. PSHE is taught through Jigsaw's six half termly units with each year group studying the same unit at the same time to develop their knowledge, skills and understanding in:

- Being Me in My World
- Celebrating Difference (including anti-bullying)
- Dreams and Goals
- Healthy Me
- Relationships (including E-Safety)
- Changing Me (including Sex Education)

Learning in each topic then takes place during weekly whole class Jigsaw lessons which explore the different themes. Progression in skills and knowledge in PSHE are outlined in the progression grid.

Its cohesive vision helps children understand and value how they fit into and contribute to the world. With a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw equips us to deliver engaging and relevant PSHE education. This encourages building resilience and nurturing mental and physical health. Jigsaw lessons also include mindfulness which allows children to advance their emotional awareness, self regulation and concentration.

We believe that PSHE education plays a vital part in primary education so as well as discrete lessons, it is embedded throughout the curriculum. Key concepts are explored across our broad and balanced curriculum. PSHE is also an important part of school assemblies where each theme is introduced and the children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured. In addition we hold special events such as themed days/weeks, we invite in visitors and have regular links with our community.

Our PSHE delivery ensures the children explore the diverse beliefs, values and attitudes that individuals and societies hold. It helps pupils to develop themselves, their understanding of the world, and their ability to communicate their feelings. Children at Asterdale also acquire an understanding of British values that are necessary if they are to make sense of their experiences, value themselves, respect others, appreciate differences and feel confident and informed as a British and global citizen.

Impact

We know this works for our pupils through



By the time children leave Asterdale Primary School they will:

- Demonstrate kindness and respect towards themselves and others.
- Have the courage and ability to try new things, challenge themselves and persevere.
- Take responsibility for their actions.
- Have a good understanding of how to stay safe, healthy and how to develop positive relationships now and in the future.
- Understand the physical aspects involved in RSE at an age appropriate level.
- Be able to understand and manage their emotions.
- Be able to look after their mental health and well-being.
- Have an appreciation of what it means to be a positive member of a diverse, multicultural society.
- Demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- Be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life.

At Asterdale Primary School we prioritise physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practice self-care and contribute positively to the wellbeing of those around them. We are committed to sustaining our positive, safe and nurturing environment, where all members of the school and wider community are respected and valued. Children are enabled to

develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings openly and know when and how they can seek the support of others whom they trust and respect. They will apply their understanding of society to their everyday interactions, from the classroom to the wider community.

We continuously assess the implementation and impact of our PSHE curriculum in order to achieve the highest outcomes possible across all year groups and ensure we provide the support that is necessary for all children to achieve.

Our PSHE approach has a positive impact on the whole child intellectually, morally, socially and spiritually. Through our PSHE curriculum, we believe we can enhance children's education and help them to become caring, respectful, responsible and confident individuals and citizens.