



## **PSHE Curriculum**

### **Intent, Implementation, Impact**

#### **INTENT**

Hazelbury Bryan Primary School is committed to providing a high quality educational experience for all pupils including SEN and disadvantaged children. Our curriculum determines and underpins the whole ethos of our school. Our Personal, Social and Health Education (PSHE) curriculum will enable our children to become healthy, safe, independent and responsible members of society, bringing together citizenship with personal and mental well-being, whilst promoting fundamental British values. We wish to offer a cohesive whole-school, inclusive approach which aims to help children understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We are dedicated to ensuring that Hazelbury Bryan is a happy, stimulating and caring place and we expect high standards of behaviour, exceptional manners and an excellent, positive attitude to learning throughout the school, setting values, skills and knowledge for life.

Although PSHE is taught through discrete lessons, we endeavour to promote its importance and significance through our school values, school vision, all activities, assemblies, educational visits and extra-curricular clubs. We will actively encourage our children to take part in a range of practical roles and activities that promote active citizenship: Forest School, Gardening club, School Council, Sports clubs, Friendship squad and Eco Council. Pupils will be encouraged to become involved in whole school fundraising and to support younger pupils in school and local events. We aim to offer opportunities to meet and work with members of the community, such as: health workers, firefighters, police officers, librarians, sports coaches, secondary school teachers, artists, authors, representatives from the local church and representatives from various organisations, to enrich their curriculum. We will participate in, and promote, National events such as: Anti-Bullying Week, Road Safety Week, Safer Internet Day, Mental Health Week, Children's Mental Health Week and Walk to School Week. We will ensure that mental health and well-being is at the heart of all we do to promote positive, healthy relationships, self image, confidence and self awareness. We do not allow limitations in our school and therefore no matter a child's ability or difficulties, such as being disadvantaged, having a disability or on our SEN register, we will ensure that they can access clubs, extra curricular activities or whole school responsibilities.

Due to the location of our school, we recognise that diversity is a challenge, to enable our children to see the vast array of cultures, ethnicities and genders across the World and Country. We therefore, ensure that we encourage the values of respect, tolerance, acceptance and equality within our teaching and everyday attitudes in school. We aim to provide opportunities to celebrate National events such as Chinese New Year, LGBTQ+ day, Black history month and Hanukkah. Children are taught a range of different faiths throughout their time in Hazelbury Bryan Primary School, to ensure children have the knowledge and understanding of other people's beliefs and views and to respect and accept them, understanding how choice is essential in life.

Through our formative assessment, we aim to adapt planning, to ensure children make progress in the knowledge and skills taught. We intend to use this information to help put into place any interventions or support required to close gaps for those children who we feel are finding areas difficult or who may be SEN or disadvantaged children, ensuring that we cater for all abilities and limitations within a class.

#### **IMPLEMENTATION**

At Hazelbury Bryan Primary, we utilise a variety of resources and world-wide events to ensure full coverage of the PSHE curriculum. We build on the use of SCARF materials to ensure teaching of Relationships and Sex Education is centred on staying safe and making healthy choices, viewing positive relationships as the most important starting factor. Our Core Values of Compassion, Courage, Resilience and Responsibility underpin all that we do and we celebrate a value each month, through assemblies and class activities. High quality texts, activities and assemblies enable us to teach aspects of the Equality Act 2010 from Nursery to Year 6.

'All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils.' Under section 78 of the Education Act 2002, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.'

Our PSHE curriculum provides pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Through this curriculum, children are taught to know their importance and worth within the school, community, national and within the World. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities.

Throughout the PSHE curriculum, pupils will learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

They learn to understand and respect our common humanity; diversity and differences, so that they can go on to form the effective, fulfilling and positive relationships that are an essential part of life and learning.

We hold whole school games sessions every Friday in order to provide 2 hours of physical activity a week. We utilise outdoor learning wherever possible, to support mental health and well-being and encourage fitness. We have our very own Forest School and Gardening club as well as a range of after school clubs and purposeful trips. As a school, we have a daily mile marathon competition between each of the classes, encouraging the children to gather daily miles to promote health and well-being by promoting the essential need to keep ourselves moving. Research shows that exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. We arrange visits from external companies to continue to regularly support mindfulness and well-being such as SCARF, yoga and Bubble workshops.

Diversity is threaded through the school to celebrate the diverse nation we are all a part of but which are limited due to our location. A wide range of multi-cultural texts are used within our English Curriculum, key celebratory days are identified on our school calendar each year and are celebrated, our PSHE curriculum and school values encourage acceptance, tolerance, equality, respect, choice and our RE curriculum ensures children have a good knowledge and understanding of other people's faiths. Children are taught about their families and other different family set ups around the World, as well as differences and similarities between ourselves and others and the importance of celebrating these.

## **IMPACT**

Our PSHE curriculum will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose and self worth
- Recognise their importance in the community
- Value self and others
- Form meaningful, positive relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Be mindful of others
- Develop positive mental health
- Be accepting and tolerant individuals
- Treat everyone equally and with respect
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

The children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty. They will demonstrate a healthy outlook towards school, which impacts positively upon pupil behaviour and learning across the wider curriculum.

