

PSHE Vision Statement

At Alexandra Park Primary School, we provide our children with a high-quality Personal, Social, Health and Economic (PSHE) education that is a planned, developmental programme of learning. As part of our whole-school approach, our PSHE education develops the qualities and attributes children need to thrive as individuals, family members and members of society. We support our children's development as human beings, to enable them to understand and respect themselves and others, to empower them with a voice and to equip them for life in modern Britain.

Through the teaching of PSHE, children acquire the knowledge, understanding and skills they need to manage their lives now and in the future. We aim to improve their capacity to learn, their resilience and emotional well-being and mental health and thereby enhance their life-chances. Learning about healthy relationships, online harm, mental health and healthy lifestyles will equip children with the tools needed to develop resilience and become well rounded, happy and healthy adults.

Care

We care about our children and hold them at the heart of our PSHE curriculum. Pupils are taught and encouraged to care about themselves, others and the world around them. They are taught how to maintain friendships and meaningful relationships and how to resolve conflicts.

PSHE also helps to promote social and ethnic harmony and raise an awareness of British Values and the 9 protected characteristics. As the children are taught to understand the protected characteristics, it will help to promote acceptance, cohesion and integration.

Aspire

Our PSHE teaching incorporates a unit specifically designed to support our value, Aspire. Our 'Dreams and Goals' thread helps children to identify and set goals, both inside and out of school and explore their future hopes and dreams. Our PSHE curriculum allows children to take part in various experiences linked to the themes covered including workshops, visits and themed days/weeks such as Hello Yellow, Rookie Rockstars, Anti-Bullying week and Children's Mental Health Week.

Achieve

Our PSHE curriculum ensures that children achieve a balance of knowledge and key skills in each puzzle piece. The Jigsaw scheme of work has been designed so that each year builds upon the previous years in a spiral curriculum, ensuring connections are made throughout the children's learning. Teachers ensure that children are supported through scaffolding and challenge ensuring that all pupils can achieve in every lesson.

Intent

PSHE education at Alexandra Park Primary School equips our children to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. Our PSHE education provides opportunities for children to reflect on and clarify their own values, attitudes and how they fit into and contribute to the world. It allows them to explore the complex and sometimes conflicting range of attitudes they encounter both now and in the future.

Our PSHE education also contributes to children's personal development by helping them to build confidence, resilience and self-esteem, to identify and manage risk, to make informed choices and to understand what influences their decisions. It enables children to recognise, accept and shape their identities, to understand difference and change, to manage emotions and to communicate constructively. Developing an understanding of themselves and the empathy and ability to work with others will help our children to form and maintain relationships, develop the essential skills for future employability and better enjoy and manage their lives.

At Alexandra Park, we put a strong emphasis on emotional literacy, building resilience and nurturing physical and mental health. We incorporate opportunities to practise mindfulness, allowing children to advance their emotional awareness, concentration and focus.

Implementation

Our curriculum design reflects our core values of Care, Aspire and Achieve; it is challenging, inspiring and fun. We embed the Relationships, Health and Sex Education (RSHE) objectives within our PSHE lessons. This supports our children to develop their levels of emotional literacy and teaches them how to articulate, with confidence, their ideas and understanding about key themes. Our planning and delivery of engaging and relevant PSHE lessons within a whole school approach is supported through the Jigsaw PSHE scheme. This allows us to deliver a spiral curriculum whereby children follow the same themes across each year group, allowing them to revisit and deepen their understanding. These themes are:

- Being Me in My World - including feelings, emotions, relationships, rights and responsibilities, choices and consequences.

- Celebrating difference - including respecting and celebrating difference, similarities, assumptions, stereotypes and bullying.
- Dreams and Goals - including goal-setting, ambitions, challenges, perseverance, resilience and collaboration.
- Healthy Me - including healthy eating and lifestyles, drugs and alcohol, online safety and emergency aid.
- Relationships - including families, friendships, self-acknowledgement, online relationships.
- Changing Me - including life cycles (plants, animals, humans), body changes, puberty and body image.

Impact

Evidence through pupil voice and outcomes in floor books will show that children can articulate and demonstrate their knowledge of the key learning derived from the core themes. Children will be able to make connections between different themes and put things they have learnt into practise in their day-to-day lives, both in school and outside of school. Teaching is assessed, identifying where pupils need extra support or intervention through the PSHE assessment grids in the assessment folders.