

Wigginton Primary School

PSHE Policy



Rationale/Key Principles:

At Wigginton Primary School, we provide a whole-school curriculum that builds the foundations of health and wellbeing, providing the skills and positive attitudes to enable our children to achieve and succeed. We focus on our children's personal, social and emotional development in a way that is tailored to each age group building on their prior learning as they progress through school. We help our children to develop the ability to make safe and informed choices, taking responsibility for their actions as well as respecting and valuing differences. Children learn to show acceptance of and respect towards others regardless of background, religion, race, gender or sexuality.

In our school, we aim for pupils 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;
- Develop confidence and self-esteem;
- Develop an awareness of money and how to effectively manage money;
- Be provided with accurate information and have any misunderstandings corrected;
- Explore their own and others' feelings, views, attitudes and values towards PSHE education.

In order to achieve our aims:

We follow the PSHE curriculum framework from Coram life called 'SCARF'. SCARF provides the framework for a whole-school approach to PSHE and to improving children's wellbeing and progress, based on five values:

Safety
Caring
Achievement
Resilience
Friendship

SCARF provides a whole-school teaching framework centred on the 'Growth Mindset' approach – promoting positive behaviour, mental health, wellbeing, resilience and achievement. The SCARF values are brought to life through stories of Harold the giraffe and his friends, songs, films, and thought-provoking and fun activities. As children get older,

themes about wellbeing and relationships are explored in greater depth and resources are tailored to their age group.

SCARF provides a strong foundation for children's spiritual, moral, social and cultural education (SMSC) and development; it is at the heart of the SCARF curriculum. SCARF provides a robust framework for promoting a positive ethos and values across the school community, contributing significantly to British Values education, both explicitly and implicitly.

For each year group there are six themed units which provide a complete PSHE and wellbeing curriculum. The whole school focuses on the same theme each half term to provide coherence and continuity. The six themes are:

Me And My Relationships

This unit explores feelings and emotions and helps develop skills to manage conflict. We learn to identify special people and how to recognise the qualities of healthy friendships.

Valuing Differences

This unit includes a strong focus on British values; it supports children to develop respectful relationships with others. This unit also examines bullying.

Keeping Myself Safe

This unit covers a number of safety aspects from statutory Relationships and Sex Education (RSE), and Health Education to considering how to deal with dilemmas and how to manage risk.

Rights And Responsibilities

This unit explores broader topics including looking after the environment, economic education and our changing rights and responsibilities as we grow older.

Being My Best

This includes a focus on keeping physically and mentally healthy. Children develop a growth mind set to facilitate resilience. They learn how to set goals and how to achieve them.

Growing And Changing

This unit covers age-appropriate aspects of the physical and emotional changes that happen as children grow older. This includes puberty, and Relationships and Sex Education (see the RSE policy).

PSHE lessons and learning takes many forms. These include but are not limited to:

- Discussions
- Stories, poems and songs
- Drama and role-play
- Assemblies
- Circle Time
- Educational Videos

- Artwork such as posters
- Paired and group work or projects
- Visitors, talks and presentations
- Walks and educational visits
- Residential visits
- Outdoors education
- Fundraising and awareness raising campaigns
- 'Phunky Foods' workshops

Throughout the course of the year, the PHSE curriculum is enhanced through participation in activities including:

- Pedestrian Training
- Bikeability
- PSHE themed assemblies
- Children's Mental Health Week
- Working towards the Rights Respecting Schools Awards
- Outdoor Play And Learning
- Celebrating Children's Day
- Children In Need Day
- Comic Relief Day
- Odd Socks Day
- Phunky Foods Workshops
- Visits from a range of adults such as librarians, firefighters, police officers and health care workers
- Internet Safety Day
- Walk To School Week
- Black History Month
- Visits to a local care home

To evaluate our effectiveness:

- Monitoring is the responsibility of the SLT.
- Progress is examined annually through consideration of the whole school 'end-of-year data'.
- The effectiveness of the PSHE programme is evaluated by assessing children's learning and implementing change if required.

Date ratified:

Signed: _____ **Headteacher**

Signed: _____ **Chair of Governors**