



Here at St Paul's CE Primary School, we are proud to provide excellent care and outstanding education for children from three to eleven years old in our unique, picturesque setting. Our Christian vision is at the heart of all we do, and we endeavour to provide a personalised curriculum to each and every child.

Our small class sizes allow us to give each child a high level of support and guidance. We take care to ensure that we know every child's starting points and we adapt our teaching to meet their needs, meaning every pupil is experiencing challenge and success.

Our PSHE curriculum is mapped out for KS1 and KS2 to ensure progression and a deep understanding of the content and themes of Heartsmart. We work hard to tailor the curriculum so it is bespoke to our children, supports their journey to becoming fully rounded individuals prepared to make life decisions, to be resilient, to be aware of mental health with a positive attitude about how we can live well together and have a positive impact in our communities.

Our PSHE Curriculum

Intent

PSHE is a fundamental subject that prepares pupils with important knowledge, skills and understanding allowing them to lead fulfilling lives now and in the future.

Our PSHE curriculum aims to cover the key aspects of PSHE curriculum –

- Health and Wellbeing
- Relationships
- Living in the Wider World: economic wellbeing and being a responsible citizen.

But this is delivered in a framework/context that is in keeping with our Christian vision and values. Developing children spiritually, morally and culturally.

High priority is given to this subject as evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.

We believe a great PSHE curriculum should enhance the personal, social, emotional and economic wellbeing and happiness of everyone, as well as supporting children's mental health. Increasing happiness in children can help break the deeply ingrained, limiting beliefs and self-perceptions that stifle aspiration and hamper the ability to achieve.

What we teach in PSHE will help our pupils foster lifelong aspirations, goals and values.

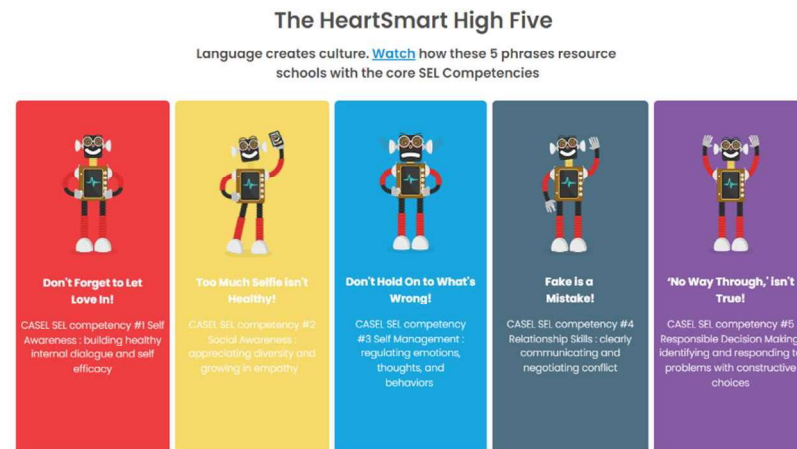
Our PSHE ensures children develop an understanding of and ability to apply -

- Coping Skills (relating to resilience and mental health)
- What achievement and success is (understanding how we learn and develop)
- Having Confidence (speaking up and out, taking on challenges etc)
- Positive Relationships (friendships, home relationships, being safe both online and offline), encouraging pupils to consider how to build positive relationships, as well as building empathy and dealing with conflict.
- Support (citizenship, helping others)

With this in mind, PSHE education isn't just another school subject. It's a chance to give every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future. It is whole heartedly about securing transformational outcomes for young people, prompting a well-rounded approach to personal development, allowing them to reach their fullest potential.

Implementation

PSHE is taught weekly and has a dedicated amount of curriculum time to allow pupils to develop a deep concept of the issues, skills, knowledge and ways to apply them everyday life. All the knowledge and understanding is taught through the key themes –



These are strongly linked to the Church of England's Vision for Education. These principles also form the basis of our relationships policy and are used within our positive rewards and behaviour management but also used by staff in their day to day language to instil the importance of these principles and how to lead happy, healthy lives every day. These principles are heavily underpinned by the Church of England's vision for education, which is about allowing all pupils to receive the promise by Jesus of 'life in all its fullness'.

As Heartsmart is a new scheme we have introduced, children may have gaps in previous year group's learning. To address this, for each unit we look at previous learning and complete a 'pre-teach' or group objectives to ensure by the end of their key stage all small steps are covered.

Impact

- Pupils will be able to deal with critical issues they face every day such as friendships, emotional wellbeing and change. Our curriculum will provide them with a solid foundation for whatever challenging opportunities lie ahead, so they can face a world full of uncertainty with hope.
- Pupils will be able to make informed decisions about alcohol, succeeding in their first job, how they would like to live, etc... Our PSHE education helps pupils prepare for all the opportunities, challenges, life decisions and responsibilities they'll face.
- Children will be able to develop a secure understanding of what mental health is and ways to protect and care for it. This in turn achieves a 'virtuous circle', whereby pupils experience and are able to guard better health and wellbeing, and therefore can achieve better academically, and enjoy greater success in all aspects of life.
- Pupils are able to understand the basis of better relationships – better relationships with themselves, caring for themselves and their mental health, better relationships with those around them, understanding the role of forgiveness in repairing relationships and making a difference in the community in which they live and their responsibility to care for their hearts and the hearts of others.
- Pupils understand the positive impact they can make in their community and within their relationships and begin to understand the consequence their actions can have on others.
- Equips pupils to develop resilience in the face adversity and challenge