



PSHE Curriculum Statement



Intent:

Through our PSHE (Personal, Social and Health Education) curriculum and Sandringham Values, we aim to equip children with the knowledge, understanding, skills and attitudes they need to ensure they are ready for the next stage in their lives. Children will develop the qualities and attributes they need to thrive as individuals, family members and members of the local and global society in which they live. We foster a culture in which positive mental health awareness is promoted and children feel confident, are resilient, able to identify and manage risks and can make informed choices with an understanding of what influences their decisions. Through opportunities to enhance their moral, social and cultural development, the children will learn to co-operate, communicate, evaluate, reflect, decide and manage their emotions.

Implementation:

At Sandringham, PSHE is taught using the Jigsaw approach. Through proactive PSHE teaching and learning, mindfulness is developed through the 'Calm Me' time in each lesson. This consists of breathing techniques, awareness exercises and enjoyable activities – where children can understand their thoughts, feelings and learn techniques to support the regulation of their emotions and build emotional resilience, emotional literacy, social skills and spiritual development. Each Key Stage works on the same theme at the same time, this enables each puzzle piece to start with an introductory assembly, generating a whole school focus for adults and children alike.

Any questions from the children are answered in a manner that is appropriate to their age, maturity, understanding and need. We need to use the correct vocabulary for terms used during PSHE and RSE lessons.

Impact:

Children leave Sandringham able to:

- Demonstrate their understanding of healthy lifestyles (including physical, mental and emotional health)
- Manage risks and make informed choices to keep themselves safe
- Manage change, including transition and loss
- Develop and maintain a variety of healthy relationships by managing emotions and respecting equality and diversity
- Recognise and respond to risky or negative relationships and ask for help
- Demonstrate respect for self and others and understand the importance of responsible behaviours and actions
- Recognise their rights and responsibilities as members of families, others groups and as global citizens
- Respect diversity, equality and the environment and how to be a productive member of a diverse community
- Demonstrate an understanding about where money comes from, how to manage it effectively and the part it plays in people's lives.