



## PSHE at Braunston CE Primary School



At Braunston CE Primary School, PSHE is at the core of what we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the “whole child” intellectually, morally, socially and spiritually. Through our whole-school approach to PSHE, it is our belief that excellence in these areas will lead to excellence across the curriculum and beyond in later life.

### **Intent:**

Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. Weaving through the heart of our PSHE teaching, is a commitment to enhancing and promoting our core Christian Values; *Relationships, Reconciliation, Responsibility, Respect and Reverence, Resilience and Reflection.*

### **Implementation:**

The school’s PSHE curriculum is systematic in its approach and taught from EYFS to Year 6 on a weekly basis. It has been embedded across school running from Foundation Stage all the way through to Year 6. The school has decided to use the Heart Smart curriculum to enable this to happen smoothly.

Each year group will follow the same topic but each topic is dealt with at an age-appropriate level. The topics discussed are: Meet Boris, Don’t Forget to Let Love In, Too Much Selfie Isn’t Healthy, Don’t Rub It In Rub It Out, Fake Is a Mistake and No Way Through Isn’t True. These topics look at issues such as loving yourself and others, what love is, relationships, friendships, being honest and overcoming challenges. These topics also link with the school’s Christian values of *Relationships, Reconciliation, Responsibility, Respect and Reverence, Resilience and Reflection.*

Many children in our school benefit from knowing how to behave with others and how thinking of others is vital in order to live a happy and fulfilled life. Each lesson encourages discussion and opportunity for children to explore their own thoughts and those of others. Then children will be encouraged to think how this will work out in their lives. It is hoped that each year the children move into, the things they have learned will be built upon and their ability to apply these concepts into their everyday lives will enable them to become more well-rounded children and be able to adapt to life in modern Britain when they are older.

The Heart Smart programme also fulfils all the requirements of the governments’ new relationship education programme. Children will think about healthy relationships, puberty

and problems arising from social media. In a rapidly changing world, children will need to be prepared to adapt and to make informed choices.

**Impact:**

What will this look like? By the time children leave our school they will have:

- A ready willingness and ability to try new things, push themselves and persevere.
- A good understanding of how to stay safe, healthy and develop good relationships.
- An appreciation of what it means to be a positive member of a diverse, multicultural society.
- A strong self-awareness, interlinked with compassion of others.