



PSHE/RSHE

To embrace the challenges of creating a happy and successful life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy.

“Health, relationships, economic wellbeing and successful careers are all linked. PSHE is the glue that binds them together. It gathers all of these aspects of preparing for modern life together into a coherent curriculum subject.” – The PSHE Association.

What does effective PSHE look like?

In the National Curriculum, PSHE is divided into eight strands:

1. **Mental Wellbeing** - Pupils should know that mental wellbeing is a normal part of daily life, in the same way as physical health and how to seek support if they are worried about their own or somebody else's mental wellbeing. They should know there are a range of different emotions and have a varied vocabulary of words to use when talking about their own and other's feelings.
2. **Health and Prevention** - Pupils should know about safe and unsafe exposure to the sun and the importance of sleep for good health.
3. **Internet Safety and Harms** – Pupils should know that, for most people, the internet is an integral part of life and has many benefits. They should know how to consider the effect of their online actions on others and where and how to report concerns and get support with issues online.
4. **Healthy Eating** – Pupils should know what constitutes a healthy diet and recognise the characteristics of a poor diet and the risks associated with unhealthy eating.
5. **Physical Health and Fitness** – Pupils should know the characteristics and mental and physical benefits of an active lifestyle and the importance of regular exercise.
6. **Drug, Alcohol and Tobacco** – Pupils should know the facts about legal and illegal harmful substances and associated risks.
7. **Basic First Aid** – Pupils should know how to make a clear and efficient call to emergency services if necessary and how to deal with common injuries.
8. **Changing Adolescent Body** – Pupils should know the key facts about puberty, particularly from age nine to 11, including physical and emotional changes and key facts about the menstrual cycle.

What does effective RSHE look like?

RSHE is included in the PSHE curriculum and some of its content is taught through the strand **Changing Adolescent Body**. The following five strands also comprise the RSHE curriculum.

1. **Families and People who care for me** - Pupils should know the characteristics of healthy family life and that others' families sometimes look different from their own. They should know how to recognise if family relationships are making them feel unhappy or unsafe and how to seek help if needed.
2. **Caring Friendships** – Pupils should know how important friendships are in making us feel happy and secure and how people choose and make friends.
3. **Being Safe** – Pupils should know what sorts of boundaries are appropriate in friendships with peers and others. They should also know about the concept of privacy and that each person's body belongs to them. They should know how to recognise and report feelings of being unsafe or feeling bad about any adult, including how to report concerns of abuse and where to get advice.
4. **Respectful Relationships** – Pupils should know the importance of respecting each other even when they are very different from them. They should know the practical steps they can take to improve or support respectful relationships and about different types of bullying and its impact.
5. **Online Relationships** – Pupils should know that people sometimes behave differently online, including by pretending to be someone they are not. They should also know the rules and principles for keeping safe online, how to recognise risks and harmful content and how to report them.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

NSPCC

https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/?gclid=EA1a1QobChMI87mp1_ns8QIVCu_tCh0b4wByEAAYASAAEgit5PD_BwE&gclid=aw.ds

Our comprehensive RSHE policy, which has been agreed after consultations with staff, governors and parents, can be found by going to: **One Drive: Shared Resources: Subject Leadership: Subject policies: Updated Policies Nov 2020.**

Key Vocabulary ...

A puberty glossary of terms to support teachers and children in understanding all the different terminology can be viewed by going to **One Drive: Shared Resources: Subject Leader PSHE: SCARF: Puberty Glossary of Terms.**

How to support children's PSHE and RSHE

We have chosen to follow Coram Life education's SCARF online resource. This is a comprehensive program that covers all learning objectives outlined in the National Curriculum. It is fully resourced and easy for teachers to access. It offers a spiral curriculum which builds on children's skills and knowledge year on year in an age appropriate way. It also includes access for parents to a SCARF At Home web page. This is regularly updated and includes activity ideas to support learning.

To access each year group's yearly overview, go to: **One Drive: Shared Resources: Subject Leader PSHE: SCARF: Yearly Overviews.**



<https://www.coramlifeeducation.org.uk/scarf-at-home-unit-4-rights-and-responsibilities>

<https://www.coramlifeeducation.org.uk/scarf-at-home-unit-5-being-my-best>

<https://www.coramlifeeducation.org.uk/scarf-at-home-safer-internet-day-special>

<http://www.coramlifeeducation.org.uk/scarf/home-learning-unit-3-Keeping-Myself-Safe-activities-during-self-isolation>

<http://www.coramlifeeducation.org.uk/scarf/home-learning-unit-2>

<http://www.coramlifeeducation.org.uk/scarf/home-learning-unit-1>

Each class has a Zones of Regulation board to help children better understand and talk about their emotions. Through the taught SCARF curriculum, ongoing discussions and circle times, children's mental and emotional wellbeing and readiness to learn is always at the forefront of everything we do.

All children also have the timetabled Forest School sessions each year.



Fostering Citizenship

As well as an active School Council and Green Team, dedicated to ensuring our school is more eco-friendly, our Year 6 pupils have the opportunity to participate in the Torbay and Devon Civic Award. To find out more information, follow the link below.

<https://www.torbayanddevoncivicaward.co.uk>



Outstanding PSHE and RSHE

Schools judged 'outstanding' by Ofsted are also likely to have outstanding PSHE education programmes. In examples of outstanding practice, Ofsted highlighted the following:

- Pupils demonstrate excellent personal and social skills with an ability to express their feelings and opinions.
- Pupils share a sense of pride in the contribution they make in school, for example, as school council representatives and playground leaders.
- Pupils can describe what they have learnt in PSHE with maturity and enthusiasm. They are analytical and reflective and have the self-assurance to disagree respectfully.
- Pupils are independent learners and take responsibility, for example raising awareness of causes affecting people in the local area.
- Teachers have excellent subject knowledge and skills.
- Teaching activities meet the needs of different groups and individuals.
- Teachers are skilful in teaching sensitive and controversial topics and command the respect and trust of their pupils.
- Teachers use questioning effectively and assess learning rigorously, ensuring assessment tasks are built into schemes of work and that pupils have a clear idea of their progress.
- The curriculum is innovative and creative and is regularly reviewed and revised ensuring pupils, parent and carer evaluations are used to improve provision.
- The curriculum is designed to meet the specific needs of children with SEND and teaching is tailored with regards to sensitive issues around sex and relationships education.
- High quality enrichment activities make an outstanding contribution to the development of PSHE education skills and are accessible to all pupils who may wish to engage with the activities.
- School leaders champion PSHE education ensuring the subject has high status and is central to the vision and ethos of the school.