

PSHE at Ladysmith Junior School

Intent

Our aim is that Personal, Social, Health and Economic (PSHE) Education will equip children with the knowledge, skills and attributes they need to manage their lives, now and in the future. It is designed to help children and young people make informed decisions, build positive relationships, stay healthy and safe, while preparing them to live and work harmoniously in a diverse community and in the wider world.

Implementation

At Ladysmith Junior School, we have implemented a planned, whole school thematic approach, allowing all year groups to work on similar themes at the same time, throughout the year. We follow the core themes from the PSHE Association Programme of Study.

CORE THEME 1: HEALTH AND WELL BEING (Autumn Term)

CORE THEME 2: RELATIONSHIPS (Spring Term)

CORE THEME 3: LIVING IN THE WIDER WORLD (Summer Term)

Children learn how to take care of their personal, social, health and economic wellbeing. The important lessons you teach your child at home about healthy relationships, looking after themselves and staying safe, are respected and valued under this curriculum and our teaching at school should complement and reinforce the lessons you teach your child as they grow up. Alongside and connected to our PSHE curriculum, we teach Relationship Education, including puberty and consent, across all year groups which is appropriate and sensitive to the age, needs and religious beliefs within the class. Children learn the proper names for body parts, about the physical and emotional changes that occur through puberty, different types of adult relationships and appropriate touch.

We have chosen to teach Sex Education in year 6 which includes sexual intercourse within the context of a consenting adult relationship, pregnancy, contraception and birth. Relationship and Health Education has been statutory for all our children since September 2020. If you do not want your child to take part in some, or all, of the lessons on Sex Education in year 6, you can ask that they are withdrawn, as this is not statutory until secondary school age.

PSHE is explicitly taught once a week to all pupils. Children learn through stories, video clips, discussion, debate, drama and art. They are encouraged to develop the skills of speaking and listening: being able to articulate their own ideas and views while respecting the rights and differences of others. Alongside this, each class has a worry box where children can voice their worries or ask anonymous questions.

Across the curriculum, mental health and wellbeing are also promoted through the '10 a day' approach and children are taught and encouraged to develop their growth mind-set.

Impact

Through the teaching of the PSHE curriculum, we hope that children will be equipped with a sound understanding of risk and will gain the knowledge and skills necessary to make safe and informed decisions. We hope it will enable the children to stay safe, including online; understand how to look after their physical and mental health; manage the physical and emotional changes at puberty; develop and conduct positive relationships; achieve their academic potential and thrive as individuals in their school, community and in the wider world.

Core Theme 1: Health and Wellbeing

Physical well being

Mental Health

Ourselves- growing and changing including puberty

Keeping Safe

Drugs, alcohol and tobacco

Core Theme 2: Relationships

Families and close positive relationships

Friendships – including positive healthy friendships and online communication

Managing hurtful behaviour and bullying

Safe relationships and consent

Different kinds of adult relationships

Respecting self and others including respect for beliefs, cultures, traditions

Core Theme 3: Living in the Wider World

Shared responsibilities – human rights and responsibilities and the importance of caring for others

Communities – including valuing a diverse community and prejudice

Media literacy and digital resilience – positive and negative use of the internet and social media

Economic wellbeing and money