

Wellbeing (PSHE/RSE)



IN A NUTSHELL



Our PSHE Intention

At KSPS our Wellbeing curriculum aims to equip children and young people with the information, skills and values which they will need to develop safe, fulfilling, enjoyable relationships and which will help them go on, beyond primary school, to take responsibility for their health and wellbeing. Our PSHE education is inclusive and enables all our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about British Values and appreciate what it means to be a member of a diverse society.

Implementation – How do we develop a strong Wellbeing curriculum?

At KSPS we use the Coram Life Education SCARF Programme to support us with our planning and teaching. SCARF provides a whole school progressive curriculum, with planning, resources and assessment tools. We have adapted the SCARF Programme to meet the needs of our pupils and have consulted our pupils and parents on our RSE curriculum.

We also supplement the SCARF scheme with other planning and resources, such as GHLL resources, SEAL, NSPCC, School Beat Officers, Skillszone, Thinkuknow and other sources.

Each class has a weekly Wellbeing lesson.

As well as weekly lessons, all classes have regular adhoc lessons when the need arises. E.g. circle time following playtime issues, or an internet safety incident.

Our school values also support PSHE/RSE. Each term the whole school uses the Ising pop values schedule, which supports the 3Rs (respect, resilience, and responsibility) which underpins the whole school ethos.

The school also has a calendar of Wellbeing related days and weeks (such as Mental Health Awareness week and Anti-bullying week) that the whole school mark/celebrate. We also have an annual “Healthy Me” week.

Some classes have Daily check ins which encourage children to think about how they are feeling and share this with others.

We provide further wellbeing support through The Lighthouse, a Wellbeing Lunchtime club, social interventions and a Family Support Worker.

Assessment

In Reception the children are assessed three times a year against the ELGs for PSED.

Children are informally assessed with regards to PSHE and RSE on a daily basis from general observations made by all staff that work with the children.

Each class has a Wellbeing Reflection Journal/ floor book. This book contains photos, work and children’s comments on learning the class do linked to Wellbeing. The children are also often asked to reflect on these experiences and then their comments are added to their Reflection Journal.

The school take part in the Gloucestershire Pupil Welfare Survey and these results are analysed and help us to tailor our PSHE curriculum to our children’s needs.

IMPACT

Children will learn how to keep themselves and others safe. They will demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty. They will have an understanding about relationships, friendships and how to communicate with people. Children will demonstrate a healthy outlook towards school which will help with attendance and behaviour. Children will build emotional resiliency and become responsible members of society. Children will be on their journey preparing them for life and work in modern Britain.