

PSHE (Personal, Social and Health Education) is the foundation of learning in our school. It underpins the teaching of all subjects and is an integral part of the whole curriculum.

Learning about PSHE and Citizenship enables children to become healthy, independent and responsible members of society. We educate the children to develop responsible attitudes and awareness of their personal safety so that they can grow into happy healthy adults. We teach them about rights and responsibilities. They also learn to appreciate what it means to be a positive member of a diverse, multicultural society.

The New National Curriculum (2014) PSHE programme of study is based on three core themes within which there will be broad overlap and flexibility:

1. Health and Wellbeing
2. Relationships
3. Living in the wider world

Through these three core themes, PSHE is a planned, developmental programme of learning through which children acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

At Barrow, PSHE is taught in a variety of ways through;

- explicit PSHE lessons
- termly 'Skills for Life' Days
- Circle times (addressing specific issues as and when they arise),
- in other curriculum areas, and at playtimes and lunchtimes, where children are encouraged to work in groups and take turns .

To deliver PSHE we use a programme called 'Go Givers'. Every half term, we have a whole-school 'Skills for Life' day where the three core PSHE themes are explicitly taught. Each year the content of the topics changes to ensure progression and development of skills. Throughout your child's time at Barrow, they gradually build on the skills, attitudes and values, knowledge and understanding they have started to acquire and develop during the Early Years/Foundation Stage. Our PSHE education offers learning opportunities and experiences which reflect the increasing independence and physical and social awareness of children as they move through school. They learn skills to develop effective relationships, assume greater personal responsibility and keep themselves safe.

These are the three main areas of the PSHE curriculum:

Core theme 1: Health and wellbeing

Pupils are taught:

1. What is meant by a healthy lifestyle
2. How to maintain physical, mental and emotional health and wellbeing
3. How to manage risks to physical and emotional health and wellbeing
4. Ways of keeping physically and emotionally safe
5. About managing change, including puberty, transition and loss

6. How to make informed choices about health and wellbeing and to recognise sources of help with this
7. How to respond in an emergency
8. To identify different influences on health and wellbeing

#### Core theme 2: Relationships

Pupils are taught:

1. How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. How to recognise and manage emotions within a range of relationships
3. How to recognise risky or negative relationships including all forms of bullying and abuse
4. How to respond to risky or negative relationships and ask for help
5. How to respect equality and diversity in relationships.

#### Core theme 3: living in the wider world

Pupils are taught:

1. About respect for self and others and the importance of responsible behaviours and actions
2. About rights and responsibilities as members of families, other groups and ultimately as citizens
3. About different groups and communities
4. To respect equality and to be a productive member of a diverse community
5. About the importance of respecting and protecting the environment
6. About where money comes from, keeping it safe and the importance of managing it effectively
7. How money plays an important part in people's lives
8. A basic understanding of enterprise.

Whilst these three main core areas identify a broad range of important issues that our children should learn about, it is essential that their experience of PSHE education is not simply a series of 'one-off', disconnected sessions each on a different topic and focusing only on factual content.

While factual knowledge is essential, as we have limited curriculum time, we use our knowledge of our own children's needs, to prioritise the topics that are most relevant to our pupils and school values at the time. This provides a relevant context for our pupils to both broaden and deepen their understanding of the key concepts and to develop competence in the essential skills. It is important that pupils can see how the skills acquired through looking at one issue can be transferable to other contexts.

Our world is rapidly changing and whilst the content of PSHE is vitally important, it can quickly date and we cannot predict the challenges, opportunities and responsibilities that pupils may face in their future. It is the overarching concepts and essential skills that will enable pupils to manage the challenges, opportunities and responsibilities they will face now

and in their future.

We are always eager to receive help within school. In PSHE we would welcome parents who could talk to the children about any aspect of PSHE. For example, safety, economics, the workplace, councils, or charity work.