

## Personal, Social, Health and Emotional Education



### Intent

PSHE is taught as a whole-school approach to underpin our children's development as young people. We enable our children to know their individual strengths and so develop their self-confidence and self-worth. Our programme of learning will teach children how to be healthy, safe and well-equipped for the outside world. It will provide opportunities for children to develop lifelong aspirations, goals and values and develop the skills and knowledge they need to thrive. Our aim is to equip them with the necessary tools to deal with everyday issues such as friendships, emotional wellbeing and change and make informed decisions regarding their health and future careers.

### Implementation

Our PSHE program is an integral part of our whole school PSHE ethos and is designed to meet the unique needs of our children. Learning activities offer opportunities for the discussion and debate of a number of scenarios building children's knowledge, understanding and thinking skills. Our 'What Colour is Your Dragon?' program allows children to become more self-aware of their emotions and how to handle them. We prioritise emotional well-being and the development of positive relationships in an environment of mutual respect, empathy and compassion. Our wider provision of PSHE promotes opportunities to link British Values and Social, Moral, Spiritual and Cultural (SMSC) responsibilities. School Council, Play Leaders and Wellbeing Champions allow all children to benefit from peer to peer support alongside developing personal skills of the individual. Diversity is embedded in our ethos in many ways including Black History Month and Mental Health Week to further enhance our PSHE provision. Through real life questions, we give pupils the opportunity to make sound judgements and good choices which have integrity and which are respectful to our diverse school community. Strengthening the inclusion of diversity in our curriculum, children are encouraged to explore books that they can personally relate to through the choice of carefully selected reading material in our library.

### Impact

Children leave Larchfield equipped with decision making skills in regard to their wellbeing, health, relationships and safety. They can demonstrate how they treat others with kindness and respect. They have been given the opportunity to form friendships and build loving stable relationships that are free from exploitation, abuse and bullying. They follow the school's values and have a high sense of self-worth and are able to articulate their own opinions, manage conflict positively and listen to others' points of view.