

PSHE at Cropredy Primary School

Intent

At Cropredy CE Primary School we aim to create a happy, purposeful and supportive environment where children are enabled to become successful learners, develop their full potential and achieve the highest educational standards they can. We have a complete commitment to learning and recognising the uniqueness of individual learners. It is driven by our desire to offer the best possible education for our pupils in partnership with parents, Governors and the local community.

We believe a collaborative culture is fundamental in enabling children to develop personally and emotionally, and as young citizens. Children grow up in a complex and ever changing world and are exposed to an increasing range of influences. As a school we aim to build on and complement the learning that has already started at home to provide the knowledge, understanding and skills that children need to lead healthy, fulfilling and meaningful lives, both now and in the future. Personal, Social, Health and Economic Education (PSHE) are central to our school's ethos, committing to our Christian Values and supporting children in their development, underpinning learning in the classroom, school, and in the wider community.

Values are fundamental expressions of what we think and believe. As a school we encourage children to think about personal and social values, to become aware of, and involved in the life and concerns of their community and society, and so develop their capacity to be active and effective future citizens. Personal, Social, Health and Economic (PSHE) education equips children with the knowledge, understanding, skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices, and in achieving economic wellbeing.

A critical component of PSHE education is providing opportunities for children to reflect on and clarify their own values and attitudes, and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future. PSHE education is taught as 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 education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. Further it can help reduce or remove many of the barriers to learning experienced by pupils, significantly improving their capacity to learn and achieve.

PSHE education also makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety, and to their emotional wellbeing. PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings.

Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

The aims of teaching PSHE, SMSC and Emotional Wellbeing and the overarching aim for PSHE education is to provide pupils with:

- Accurate and relevant knowledge.
- Opportunities to turn that knowledge into personal understanding.
- Opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities.

- The skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.

The PSHE curriculum at Cropredy CE Primary School provides values-based, progressive content that promotes positive behaviour, mental health, wellbeing, resilience and achievement. Research shows that there is a link between a pupil's wellbeing and positive mental health and academic achievement. Therefore, in order for our children to learn and be well, they need to have good mental health, resilience and the ability to keep themselves safe. Through our PSHE curriculum, we aim to equip children with these attributes and the skills to implement them in different contexts.

Implementation

PSHE is taught both in discrete weekly sessions from Reception to Year 6.

We ensure that taught content is fully aligned to the PSHE Association Framework in order to provide our children with a comprehensive and externally ratified coverage. In order to tailor our PSHE content to the needs of our pupils, we combine carefully chosen resources that make up our full PSHE offer. These are outlined below:

Following the Government guidance that from September 2020 RSE (Relationships and Sex Education) will be compulsory in all Primary schools, we have written a new SRE policy in which we have consulted parents, pupils and governors to ensure that the coverage and resources used are right for our pupils and community.

SCARF (Coram Education)

The majority of our PSHE coverage uses SCARF as starting point to build upon. The programme aligns fully with Cropredy Ce Primary School's ethos of promoting wellbeing and an understanding of mental health and therefore provides a strong foundation for our curriculum. The curriculum is broken down into six strands;

1. Me and my relationships
2. Valuing difference
3. Keeping myself safe
4. Rights and responsibilities
5. Being my best
6. Growing and changing

Children explore these strands year-on-year, building a toolkit of strategies and knowledge which they apply in scenario-based lessons, giving them the opportunity to ask questions and practise the skills in a safe and caring environment.

Special Educational Needs Disability (SEND) / Pupil Premium / Higher Attainers

All children will have Quality First Teaching. Any children with identified SEND or in receipt of pupil premium funding may have work additional to and different from their peers in order to access the curriculum dependent upon their needs. As well as this, our school offers a demanding and varied curriculum, providing children with a range of opportunities in order for them to reach their full potential and consistently achieve highly from their starting points.

Safeguarding Children in Banbury (SCIB)

A key driver for us at Cropredy CE Primary School is to tailor our curriculum to focus on what our children really need. Part of this work is to seek advice and support from experts in our local community to provide preventative education to address the needs of our school family.

With this in mind, we link with partnership schools in the development of a context-driven curriculum with Thames Valley Police and professionals from Health, that is organised into three strands:

1. Substance Abuse
2. Online Safety
3. Exploitation



The curriculum has been written using a Protective Behaviours model where children are taught in blocks of four lessons, three times a year. During these lessons they develop three key skills:

1. Recognise Early Warning Signs
2. Risk Assess
3. Take Action

Each of these aspects are taught alongside key knowledge about the three strands and, again, a scenario-based lesson structure gives children the opportunity to practise the skills that they have learnt in order to increase their confidence and ability to tackle new and unfamiliar situations that they might find themselves in their lives.

Understanding Mental Health and Wellbeing

We are incredibly passionate about equipping children with the skills and knowledge to develop positive mental health, including strategies to support themselves if they are feeling low or anxious. All children start every morning and every afternoon with an emotional check-in. This enables children to reflect on their own wellbeing and our staff to put in place supportive strategies as appropriate.

We recognise that, for some children, developing positive mental health and wellbeing is incredibly challenging and that for some, additional focussed teaching needs to be put in place to close this gap.

We provide a range of nurture programmes within school through the deployment of skilled staff and work closely with the *Mental Health Schools Team* to provide early intervention for those who need it. Each of these interventions help our children to understand themselves, their emotions and how to be successful in the world both in and outside of school.

Impact

It is evident when walking through the school that the development of the whole child is central to the work that we do – children are well-cared for and the development of personal, social, emotional and health needs is a strength.

Children at Cropredy CE Primary School are able to talk confidently about how to keep themselves safe both in and around school as well as online.

They care for each other, accept differences and support their peers in a way that demonstrates that their core values match those of the school's and staff.

Children at Cropredy CE Primary School are reflective and articulate when discussing their emotions. Where additional support is required to develop any area within a child's personal, social, emotional or health needs, intervention is swift and effective.

Beyond the planned programme for PSHE education, the curriculum provides children with a variety of experiences that have the potential to promote their personal, social development and economic education. These include:

- Assemblies of Celebration
- Circle time
- Sports clubs and participating in inter-school and county tournaments & competitions
- Drama and music activities and productions
- Residential visits and day trips
- Clubs - singing, drama, dance, art & craft, mindfulness and yoga
- Social and fund raising events
- Theme days/events, for example World Book Day, Subject enrichment days
- Charity events
- Leadership opportunities, for example Playground Leaders, representatives on our School Council, Eco-school Council and Sports Council