

Intent

Personal Social Health Education (PSHE)

Our Personal Social Health Education (PSHE) curriculum enables learners to become healthy, independent and responsible members of society. It prepares them for their future roles within a local, national and global community. The curriculum aims to help them understand how they are developing physically, emotionally and socially. It 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 rights and responsibilities and appreciate what it means to be a member of a diverse society. Our learners are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Learners will understand how to keep themselves safe in a range of contexts, including when they are by roads, water or railways or when they are online. They will learn about the potential dangers of fire, drugs and alcohol and peer to peer abuse.

Relationships and Sex Education

The intent of our Relationships and Sex Education (RSE) curriculum is to provide the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. Learners will learn about the features of healthy friendships, family relationships and other relationships which they are likely to encounter. They will understand how important positive relationships are to happiness and security. The RSE curriculum also aims to teach learners the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. It does this by focusing in on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. The curriculum ensures that learners know how to report concerns and seek advice when they suspect or know that something is wrong. Learners are taught the importance of hygiene. They should be able to name and know the role of the main external body parts and understand how they grow and change from birth to old age (including puberty). They learn how some plants and animals (including humans) reproduce.

Implementation

Personal Social Health Education (PSHE)

Personal, Social and Health Education is delivered through a comprehensive, age appropriate, scheme of work called SCARF (Safety, Caring, Achievement, Resilience, Friendship).

This scheme is split in to 6 main strands in each year group (Reception to Year 6).

- Me and My Relationships - including feelings/emotions/conflict resolution/friendships
- Valuing Difference – including British Values focus
- Keeping Myself Safe - including aspects of safe internet use, drugs and Relationships Education
- Rights and Responsibilities -including money/living in the wider world/environment
- Being My Best -including keeping healthy/Growth Mindset/goal setting/achievement
- Growing and Changing - including RSE-related issues

At Longleaze School PSHE is delivered through discrete curriculum time (1 hour per week per class), activities and school events (see below), through links to other subjects/ curriculum area and through pastoral care and guidance.

Whole school provision includes:

- Whole school assemblies led by external agencies e.g. Anti-bullying assemblies, NSPCC
- Whole school assemblies led by school staff – based around aspects of keeping safe and linked to the school's values and the Longleaze learner model.
- The Life Education Bus – an interactive mobile classroom delivering citizenship programmes to pupils from EYFS to year 6.
- Visitors to the school, including representatives of local community groups e.g. the school nurse, community police officers, fire-fighters, speakers from different religious backgrounds, theatre groups, road, water and rail safety teams, sports promoters and Young Carers agencies.

The school also organises a range of whole school events including:

- Safety week
- Internet Safety Day
- Good Citizenship Day
- Healthy Eating Week
- Multi-cultural Week

All learners receive teaching appropriate to their needs. Pupils with learning difficulties may require additional support to allow them to access the framework and programmes of study in a relevant and, appropriately challenging, way.

Relationships and Sex Education

- The school delivers a clear and comprehensive Relationships and Sex Education (RSE) curriculum within the Growing and Changing strand of the SCARF scheme of learning.
- This strand has been adapted in line with the views of parents / carers / governors and staff.
- The content of this curriculum has been published on the school's website, in the Relationships and Sex Education section.
- The RSE curriculum is delivered in line with the new recommendations of teaching RSE in the National Curriculum (Feb 2019).
- Despite the fact that Longleaze School has mixed-aged classes, RSE is planned and delivered to single year groups.
- Relationships and Sex Education is taught as part of the health education programme and also as part of science in the National Curriculum. These aspects include: to recognise and compare the main external parts of the bodies of humans, to understand the different stages of the human life-cycle and to know how plants and animals (including humans) reproduce.
- A range of resources is used including video clips, which are followed up by discussions with the class teacher and possibly the school nurse. Parents are invited to watch the videos before the pupils do. The school's governing body approve all of these resources.
- Parents and carers have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. Before granting any such a request, the head teacher will discuss the reasons with the parents and carers and, as appropriate, with the child to ensure that their wishes are understood and to clarify the nature and purpose of the curriculum

Impact

Pupils will be able to explain how they keep themselves safe in a variety of contexts. They will understand what to do if they have worries or concerns about their own welfare or the well-being of others. They will recognise the importance of a healthy and happy lifestyle and be able to explain some of the ways that they can remain happy and healthy. Learners will know what it means to be a responsible member of their local community, using the language of the school's values to verbalise this.

Learners will understand how some of their habits and behaviours can affect the wider world. Learners will be able to describe the features of a healthy relationship. They will be able to name the external parts of the human body, and have an understanding of the human life-cycle (including reproduction) using age appropriate terminology. Learners will have an understanding of how and why their bodies change as they grow.