



PSHRE Curriculum Offer

Westdale is a happy community where magical things happen...

Our school is :

A happy, safe place where everyone is a valued member of the Westdale Community

A place where we instil pride so that everyone achieves personal success

A place which develops independent, resilient learners, helping us ALL to grow

A place where we are excited about our learning, it's fun!

A place where together we listen to each other, we care about each other and we always include each other in all we do

Intent

Our PSHRE curriculum offer is designed to support children's emotional needs, develop their social skills and help them empathise with children around them, who may have different experiences. Our ethos is supported by our mindful approach to PSHRE as each lesson will progress through key qualities and skills that our children need to succeed. Our values are key themes that underpin our PSHRE sessions. Our vision is to equip our pupils with key skills, knowledge and confidence to understand themselves and the world around them. Throughout the year, our PSHRE programme fulfils all the requirements for the statutory Relationships and Health Education curriculum 2020. Furthermore, it is our intent to provide our pupils with a rich and broad understanding of themselves and others around them as well as provide them with the skills to live as productive citizens in society. PSHRE is at the core of our curriculum at Westdale.

At Westdale Infant School, we want Personal, Social and Health Relationship Education (PSHRE) to enable our children to become healthy, independent and responsible members of society. Our pupils are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. They experience the process of democracy in school through the School Parliament. We provide opportunities for them to learn about rights and responsibilities through our Investors in Pupils accreditation and help them to appreciate what it means to be a positive member of a diverse society.

We promote the needs and interests of all pupils, irrespective of gender, culture, ability or personal circumstance. Teaching will take into account the age, ability, readiness and cultural backgrounds of children and those with English as a second language to ensure that all can fully access PSHRE provision.

Implement

At Westdale we believe that nothing has been learnt until it is in your long term memory. Our teachers provide lessons that enables pupils to revisit previous skills and build upon their knowledge and



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understanding. Sequences of lessons are planned using progression mapping within and across year groups from EYFS through to year 2 ensuring progression for all.

We teach PSHRE weekly, usually every Monday morning and this is a non-negotiable within school. The Monday morning slot was chosen to help children relax their bodies and calm their minds to reach an optimum state for learning for the rest of the week. Lots of our children have busy weekends and this timing was planned to help children concentrate on being in the moment and let go of any thoughts that might be worrying them or, which will become a distraction to their learning. Each half term, we focus on a unit of learning from the long term PSHRE programme of planning.

The key areas the children will cover within their year group are:

1. Rights and Responsibilities - linked to our Investors in Pupils accreditation
2. Celebrating Difference
3. Money
4. Keeping Safe – including anti bullying
5. Healthy Relationships
6. Growing and Changing including what it means to be healthy

Intended Outcomes

Active learning and engagement in learning is the most effective way to teach PSHRE sessions, rather than passively receiving information. Pupils at Westdale will be given opportunities to consider and clarify their values and beliefs, to rehearse and develop enquiry and interpersonal skills. They also need factual information and a comprehensive and balanced knowledge base to inform their present and future choices.

We use a range of active learning, including the children in activities such as discussions, role-play, games, investigations and problem-solving activities. We encourage the children to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly or special occasion, or involvement in an activity to help other individuals or groups less fortunate than themselves. We organise classes in such a way that pupils are able to participate in discussion to resolve conflicts, incidents of anti-social behaviour or set agreed classroom rules of behaviour (e.g. in circle time sessions). Children have opportunities to meet and work with members of the community and can take on different roles of responsibility during their school life.

R:Time (Relationship time)

R time is a structured programme which we use at Westdale Infants to build and enhance relationships for all our pupils. Each R time session lasts 10 - 15 minutes and takes place once a week, usually on a Monday morning as part of our PSHRE curriculum.

What are the outcomes?



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- It builds respectful relationships and good manners.
- It enables children to develop lifelong social skills.
- It reduces bullying.
- It improves behaviour.
- There is no educational challenge in any of the activities. They are purely designed to foster and develop pupil relationships
- Children learn to understand and value differences and things in common; and respect the rights of others to have beliefs and values which are different from their own.

Learning Power

There is a significant overlap between PSHRE and our 'Learning Power' approach, which has a high profile across the school and forms the focus of Monday introduction and Friday Magical Moment assemblies. This adds great strength to our teaching of key learning skills: the emotional aspects of learning, resilience (perseverance, managing distractions etc.); the cognitive element, resourcefulness (eg questioning); the strategic aspect of learning, reflectiveness and the social aspects of learning, respect, listening and imitation. We also develop PSHRE and citizenship through whole-school learning opportunities across the curriculum, including daily assemblies, and special days or weeks planned into the school calendar eg Anti-Bullying Week, E:safety Week and Child safety Week.

Opportunities for curriculum enrichment:

All pupils are offered opportunities to enrich their educational experience, and all are encouraged to take up as many activities as possible e.g. School Parliament, Class Ambassadors, Eco Team and Smile Team.

We promote PSHRE through a whole school system of extra curricular activities including:

- a) Healthy snacks / fruit scheme
- b) School Parliament
- c) Class stickers / House Points
- d) Head Teacher's awards
- e) Friday Magical Moment assemblies
- f) Target setting and certificates
- g) Passport to life
- h) Children taking responsibility for the school through: -
 - Stars in assembly
 - Children's Choice Awards
 - Fund raising activities
 - Buddy reading
 - Classroom responsibilities



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PSHRE and Citizenship curriculum planning

We teach PSHRE in a variety of ways. Some of the objectives are covered in dedicated PSHRE lessons. Many of the objectives are covered through other areas of the school's curriculum e.g. RE, assemblies, Science, attitudes and expectations of behaviour promoted by adults in the school. The whole school participates in Anti-Bullying Week every year. We also develop PSHRE and citizenship through activities and whole-school events e.g. the School Parliament representatives from each class meet regularly to discuss school matters. We offer a residential trip at the end of Y2 where there is a particular focus on developing pupils self-esteem and giving them opportunities to develop leadership and co-operation skills.

Foundation Stage

We teach PSED in the Foundation Stage as an integral part of the teaching and learning covered during the year. It is a prime area of learning within the seven areas broken down into three aspects; self-confidence and self-awareness, managing feelings and behavior and making relationships.

Working with parents:

PSHRE is strongest where there is collaboration and communication between school and home. We are committed to working with parents and carers and will offer support where needed. We may offer material for parents/carers to explore at home with their children (Parentmail and website) and will offer workshops for parents interested in finding out more about PSHRE at relevant points in the year eg online safety/anti-bullying.

Teachers will consider pupils' starting points as they will bring different levels of knowledge and understanding to any issue explored through the PSHRE curriculum. Any new topic in PSHRE should be start by determining pupils' prior knowledge to enable teachers to make more effective judgments about pupils' progression and development in learning. It is important pupils are helped to make connections between learning in school and their current and future real life experiences. The skill of critical reflection is therefore at the heart of assessment for learning in PSHRE education.

Each child owns a 'Passport to Life.' This includes examples of learning/activities from the following list and ensures that all children have access to our PSHRE curriculum.

- Enterprise
- Healthy lifestyles
- Drug awareness
- SRE
- First Aid
- Anti-bullying
- Exercise
- Cookery



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- Relationships
- Learning Power and Learning Muscles
- Citizenship
- E-Safety

Impact

The impact of our PSHRE offer is measured through our monitoring cycle. This includes book looks, learning walks, pupil voice, planning scrutiny and curriculum intent reviews. Once reviewed the subject leader and the central leadership team will discuss and formulate an action plan for improvement.

Teachers will be assessing children over the half termly units to see how they have developed socially and emotionally. The children will understand how to keep ourselves healthy, different relationships and to keep safe. These will run throughout school meaning each year their understanding will deepen.