

PSHE at St Michael's School

At St Michael's we want our children to develop a love for life where they are able to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy.

Intent

Our high-quality PSHE education enables children to put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts.

Through our PSHE curriculum, we want to support children to understand their value and how they fit in to and contribute to the world. There is a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. We also include mindfulness, allowing children to advance their emotional awareness, concentration and focus. We will explore topics such as online safety, relationships, being themselves, healthy minds, celebrating differences and changes to ensure that children learn to be safe, happy and healthy both physically and mentally.

We achieve this by providing a rich, diverse curriculum, underpinned by our school's core values of Respect, Honesty and Love, enabling every member of the school community to have a 'Lifetime Love for Learning'.

Implementation

Pupils are taught PSHE using 'Jigsaw' which is a spiral, progressive scheme of work, covering all of the above and 'aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

In addition to Relationships Education, we also teach aspects of Sex Education that is covered in our Science Curriculum. Alongside this, we teach about different kinds of relationships, including same sex relationships and gender identity because it is important that our children should have an understanding of the full diversity of the world they live in and be prepared for life in modern Britain. The Sex Education aspects of PSHE are also taught through the 'Jigsaw'.

PSHE is taught through Jigsaw's six half-termly themes with each year group studying the same unit at the same time (at their own level):

- Autumn 1: Being Me in My World
- Autumn 2: Differences (including anti-bullying)
- Spring 1: Dreams and Goals
- Spring 2: Healthy Me
- Summer 1: Relationships
- Summer 2: Changing Me (including Sex Education)

It also identifies links to British Values, and SMSC and is taught in such a way as to reflect the overall aims, values, and ethos of the school.

We believe that focusing on developing a 'Growth Mindset' in our children will help them to build resilience, independence and confidence; embrace challenge; foster a love of learning; and increase their level of happiness. We do this through the language we use in class, praising children for their efforts, and using language to encourage children to change their way of thinking. This supports both our school and PSHE aims and values, and we focus on Growth Mindsets in all aspects of school life.

Our approach to children's play, through OPAL, enables children to take risks, allows their creativity to flourish and to enjoy time with a range of children building new friendships. Children learn to compromise, to respect one another's ideas and games and participate in activities with children across the school.

Visitors such as emergency services complement our PSHE curriculum to offer additional learning. We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We challenge all of our pupils to look for opportunities to show the school values of Respect, Honesty and Love. Assemblies are linked to PSHE, British Values and SMSC and cover any additional sessions that would benefit the whole school.

Impact

Children at St Michael's see themselves as unique individuals and understand the importance of self-identity. They are independent and are able to build and maintain positive relationships. Children understand why different forms of positive and negative prejudice and discrimination happen and that it is important to treat people equally. They understand how to lead healthy lives and that their emotions may affect some of their health choices have an understanding of their emotions and how these may affect their lifestyle choices. Children recognise that expressing emotions and managing them positively will support them to make responsible choices.