

# PSHE/RSE

## What is taught?

At Cockfield Primary School, we believe that Personal, Social and Health Education (PSHE) is an essential component of our curriculum as it teaches our children how to become healthy, safe, independent and responsible members of society.

The Department for Education sees PSHE as an 'important and necessary' part of children's education. As there is no National Curriculum for this subject we follow the guidance issued by the PSHE Association as recommended by the Department for Education which aims to develop a subject which:

- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

In addition, we have adopted the Statutory Guidance for Relationships education, relationships and sex education (RSE) and health education and have incorporated this into our curriculum as well as opportunities to link to British Values and SMSC (spiritual, moral, social and cultural development) and L.G.B.T

The PSHE curriculum covers three distinct topics:

- Health and Wellbeing
- Relationships
- Living in the Wider World: economic wellbeing and being a responsible citizen

Teaching is through a combination of discreetly taught lessons; whole school assemblies, periodic events and the provision of opportunities for pupils to actively engage in worthwhile projects and take on positions of responsibility.

For example:

- The Pupil Task Force
- Bikeability
- NSPCC workshops
- Flat Stanley- First aid sessions
- Charity fundraising events

PSHE is taught by class teachers and the PSHE lead. Relationships education, relationships and sex education (RSE) and health education is taught discretely to all year groups.

## **Why is PSHE taught in this way?**

Our PSHE curriculum has been carefully planned and structured to reflect the needs of our children in line with the PSHE Association and Statutory guidance.

The main reasons for teaching PSHE this way is so that our children are able to:

- stay safe physically, mentally and online
- understand how be healthy
- build self-esteem, resilience and problem-solving strategies
- understand how develop and maintain positive and healthy relationship
- have respect for themselves and others

We believe that we prepare our children for the next stage in their education as well as preparing them for adult life.

## **R.S.E resources for parents:**

The DfE's Relationships Education and Relationships and Sex Education - a guide for parents.

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

The NSPCC website has a link to the PANTS campaign which may help families with younger children at home. <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Childline has information for parents and children that will help them understand puberty. <https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/>