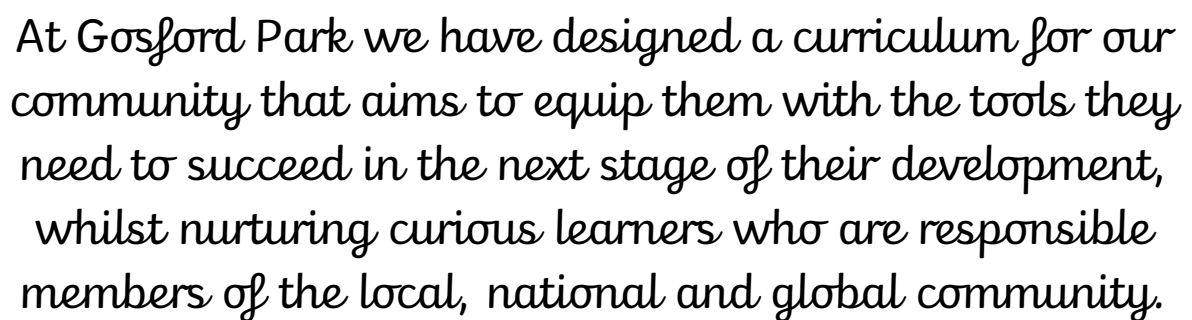


PSHE



Intent

At Gosford Park, we believe that children are all individuals and therefore, we foster an environment of mutual respect, responsibility and nurturing self-esteem in a happy, safe and caring atmosphere. We aim to create an ethos that is rooted in acceptance, kindness, generosity and helpfulness where diversity is accepted and celebrated by all stakeholders. We want children to leave Gosford Park proud of their own personal identity and a sense of belonging and high self-worth. The teaching and learning of PSHE at Gosford Park supports and upholds this vision.

Personal, Social, Health Education is central to our curriculum; it helps children grow and develop as individuals and as members of families and communities. Through PSHE pupils will have the knowledge, understanding, skills and attitudes they need to lead confident, healthy, independent and aspirational lives and to become informed, active and responsible citizens. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to school life and the wider community. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up and within the wider world. They learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

[PSHE - Long Term plan](#)

Implementation

As PSHE/ SRE is a statutory subject, all classes teach and learn PSHE/ SRE at least once a week as well as discreetly with other subjects. PSHE & SRE are mapped out together, across the curriculum using the **Kapow** scheme of work focusing on the objectives stated in the Statutory Guidance and guidance from the PSHE Association.

In EYFS, PSHE and citizenship is taught as an integral part of the curriculum. The objects taught are the Personal, Social and Emotional development statements for children working towards meeting their Early Learning Goal. This is used in conjunction with the characteristics of effective learning for our young learners to become resourceful thinkers, team workers, effective participators in our school community and reflective learners.

Teachers are given an overview map of each terms lesson objectives and outcomes. All lessons follow our best practice guide and include: opportunities for children to talk and discuss sharing their feelings, opinions and questions; stories that support the development of PSHE learning; games and practical activities that allow children to explore the key learning; opportunities for children to think critically about the new knowledge and learning.

PSHE learning is recorded in a class floor book and will include photographs, children's comments and voice notes that capture key learning. This provides a reflective journal of the PSHE learning journey.

Teaching of PSHE is set across the school and follows the following format:

- Whole school assembly to launch a question every 2 weeks linked to the PSHE focus
- PSHE lesson in class with class teacher following the curriculum map objectives
- Every 2 weeks dedicated class reflection time based on discussion from PSHE/RSE lesson and the whole school assembly. Comments made by pupils during this time are posted onto the 'Class Reflections' board in the main corridor.

PSHE is taught through Kapow's six half termly themes with each year group studying the same unit at the same time.

[PSHE Progression document](#)

In addition to Relationship Education, we also teach aspects of Sex Education that is covered in our science curriculum. Alongside this, we teach about different types of relationships, including same sex relationships and gender identity. We do this because it is important that our pupils should have an understanding of the full diversity of the world we live in and be prepared for life in modern Britain. The Sex education aspects of PSHE are also taught through Kapow.

Wider curriculum

My Happy Mind

As part of our PSHE curriculum, our school is a part of the 'My Happy Mind' community. At Gosford Park Primary School, we use My Happy Mind to help create a positive mental wellbeing culture, in which children build resilience, self-esteem and character. Grounded in positive psychology and neuroscience, My Happy Mind is a whole school approach that aims to develop confident, independent children and enables them to understand how to keep mentally healthy.

We have embedded the My Happy Mind programme across school to teach our children the science behind their thought and behaviour processes. It gives them the skills and knowledge to develop their self-regulation and successfully support their mental wellbeing.

At Gosford Park Primary School, my Happy mind is taught across the whole school in weekly sessions and consists of 5 units: Meet your brain-learning about how our brains work; celebrate-understanding our character strengths and celebrating ourselves; appreciate- developing gratitude as a habit; relate-building positive relationships and engage- engaging in the world.

Impact

At Gosford Park Primary, our PSHE curriculum works to support our school ethos 'One Community, many cultures; growing and learning together'. British values are at the heart of our curriculum, as this helps children to understand, value, recognise and respect themselves and others as an integral part of our cohesive school, wider and global community

At Gosford Park Primary, our pupils will

- demonstrate kindness and respect towards themselves and others
- have a good understanding of how to stay safe, healthy and how to develop positive relationships.
- have an appreciation of what it means to be a positive member of a diverse multicultural society.
- demonstrate and apply the British values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty
- be on their journey preparing them for life and work in modern Britain

Enrichment

Over their time with us at Gosford Park, pupils are given the opportunity to participate in:

- Anti-bullying week
- Red Nose Day, Sports Relief and Comic Relief
- Primary Leadership Team (school council)
- Black History Month
- World Mental Health Week
- Special Guest Assemblies (e.g NED Growth Mindset).
- One community, many cultures day
- ECO schools
- PCSO school experience
- Visits from local councillors and MP's

Are you a keen active citizen?

- Visit the local library [Children and young people – Coventry City Council](#)
- Visit the Coventry Museum [Home - The Herbert Art Gallery & Museum](#)
- Look out for the latest news on Newsround [Home - CBBC Newsround](#)
- Find out how to have good mental health [Family Programme - myHappymind](#)
- Find out about our world and conservation [National Geographic Kids](#)