

At Whitehouse Primary School our PSHE and RSE learning teaches children to become healthy, independent and responsible members of society who understand how they are developing personally and socially. We aim to give them the confidence and skills to tackle many of the moral, social and cultural issues that are part of growing up. Children have the opportunity to learn about rights and responsibilities, appreciating what it means to be a member of a diverse society. We encourage children to develop their sense of self-worth.



Our PSHE and RSE Curriculum focuses on the children learning to become mentally and physically healthy, safe, independent and supports children to prepare for life and work in modern Britain. It aims to support them in developing personally and socially, providing them with strategies to prepare them for the opportunities and responsibilities of being a global citizen now and in the future. We want children to know more, remember more and understand more, encouraging children to ask questions, deal with conflict and explore alternatives. We will provide them with skills and information in order for them to be safe and understand how to develop healthy relationships, allowing them to increase their knowledge of their own rights and responsibilities.

At Whitehouse Primary School, we use 'Jigsaw' to support us with the planning, progression and delivery of PSHE and SRE. The six puzzles, which each cover a half-term, consist of; Being Me in My World- which is questioning 'Who am I and how do I fit in?', Celebrating Differences – demonstrating respect for similarities and differences, Dreams and Goals – aspirations, how to achieve goals and understanding the emotions that go with the this, Healthy Me – being and keeping safe and healthy, Relationships – building positive, healthy relationships and Changing Me – coping positively with change. These puzzles are revisited each year, to allow the children to recall and build upon their prior learning and to develop and deepen it further.

The teaching of RSE follows the National Curriculum and in addition to the Changing Me puzzle, is integrated within our everyday school routine. Great emphasis is placed upon families, relationships, safety, mental well-being, physical health and fitness, healthy eating, health and prevention, drugs, alcohol and tobacco, first aid and changing adolescent bodies. We aim to tailor the PSHE lessons to each class and their needs, as well as reflecting local, national and international circumstances.



The PSHE and RSE element of our school curriculum aims to develop the emotional intelligence of each child, supporting them to articulate their feelings in order to maintain good mental health as well as understanding the importance of their physical health, considering healthy eating, physical exercise and health and prevention strategies. Using a growth mind-set approach, the children will become resilient, flexible and knowledgeable for the future.



Our PSHE and SRE curriculum enables children to develop an understanding about the physical development of their bodies as they grow into adults, reassuring them that such changes are normal. They will know and understand the way humans reproduce and have the opportunity to discuss relationship and sex education issues, at home or school, without embarrassment. Children will learn that they have the opportunity to counteract misleading or false information and challenge sexism or prejudice. Children will demonstrate a responsibility to themselves to respect their own body and to look after their own mental and physical well-being, which includes their food and exercise choices. They will learn about the importance of family life and proper care for all including young creatures, whilst building on their self-esteem, assertiveness and equality. They will be able to demonstrate a clear understanding of their own and others' emotions and attitudes, developing a clear respect for others. We aim to equip pupils with knowledge and give them the flexibility to ask questions and discuss scenarios, expressing their feelings with confidence.

As pupils progress, their growing knowledge about their environment and the world widens to support their learning. We aim to build and support their wellbeing and tackle issues that can affect their ability to learn, such as unhealthy relationships and anxiety. Teamwork, communication and resilience is something we focus on in order to prepare them for the challenges and opportunities of the modern world and to increase their skills set ready for future employers. As they progress through our school we aim to build upon skills such as first aid, increase their confidence and knowledge of how to keep safe both online and in the real world, teach them how to build positive and respectful relationships with family and friends and how to deal with conflict, loss and change. We aim to do this by building up the skills to ensure children are confident and have the knowledge to know what is right and wrong. They will have a clear understanding of where to seek help while being prepared for the changes of adolescent bodies. We teach this through real life experiences, circle times, visitors, day trips and lessons tailored to each classes needs.



Early Years Foundation Stage

At Whitehouse Primary School, we feel it is important to focus on building up children's resilience and confidence beginning in the Early Years Foundation Stage. Children begin to become aware of others and their feelings, building relationships with peers and adults and learning who they can trust.



We teach them how to select and use resources independently and talk about their needs, wants, interests and opinions with confidence. Within the Early Years Foundation Stage, we support children in learning about health and self-care, managing their own basic hygiene while understanding how physical activity and healthy eating is important as we grow up. Throughout the year, we discuss and explore how everyone is unique, and how the children may be similar or different to others and their families.

Key Stage 1

In Key Stage 1 skills are revisited and further developed. Building on EYFS knowledge of family and relationships, children begin to understand what family and friendships are and how they are important in providing love, security and stability. They begin to look at the reasons as to why we chose the friends we do and the characteristics that make up a good friend alongside how to deal with friendship problems. Children begin to look at safety and appropriate contact, learning skills about how to report feelings of being unsafe, understanding that their body belongs to them and road safety rules. Throughout the year, children discuss their emotions and how they alter depending on different experiences and situations as well as simple-care techniques such as relaxation and breathing exercises which is part of all Jigsaw lessons. Within KS1, children learn about a variety of health and prevention skills to protect them from substances and the sun, while learning about the benefits of sleep, hand washing, dental health and personal hygiene.



Lower Key Stage 2

Building on their KS1 knowledge of family and relationships, children begin to explore the characteristics of healthy family life and how they can be different as we as learning who they can and cannot trust. Children understand how friendships make them feel and how to cope with conflict, managing these situations with confidence. Within Lower Key Stage 2, children will learn about cyberbullying and the importance of being kind and respectful online. They will begin to understand they cannot trust everything they see online,

while increasing their knowledge of how long they should spend online, how information online can influence positively and negatively on mental and physical well-being as well as ensuring their personal information is private. They will learn what to share and how to share it safely, learning specific techniques and strategies about how to stay safe. Children will learn mental well-being techniques such as stretches and visualisation, alongside the types of healthy food suitable to consume. They will build upon their self-esteem by noticing their strengths and will work on increasing their resilience, while breaking down barriers.

Children will begin to look at drugs, alcohol and tobacco and the choices they should make and the influences they can have on others. Their knowledge of dental health will progress, looking at how diet can influence oral hygiene and how they can look after their teeth with techniques such as flossing and regular check-ups. Children will have a clear understanding of how and when to call for help alongside the knowledge of treating bites, stings and asthma. The children will explore privacy and secrecy and children will be made aware that secrets may not always be right to keep if they relate to being safe.



Upper Key Stage 2

Children deepen their knowledge of family life, marriage and how stable, caring relationships are at the heart of a happy family and that families are committed to each other even through times of difficulty. The children within Upper Key Stage 2 will understand the characteristics of friendships, including mutual respect, truthfulness, generosity and loyalty amongst others, while learning friendship skills in order to never make others feel lonely and excluded. Children will learn the importance of self-respect and be familiar and know the signs of bullying. They will be taught how to stay safe online and how to critically consider their online friendships, and risks associated with people they have never met. Children will learn that the internet can also be a negative place where online abuse, trolling and bullying can take place and this can occur in social media which is why some computer games are age restricted. Children will have confidence to approach other to report concerns and to get support with issues online and their own health. Their knowledge of self-care techniques will progress to include Yoga and mindfulness.

Children will be able to judge whether what they are feeling and how they are behaving is appropriate and proportionate, alongside the importance of rest. Children will learn to embrace failure and reach for goals they have set. They will know how to make decisions in accordance to alcohol, drugs and tobacco and understand the risks associate with the unsafe exposure to the sun.

Children's first aid knowledge will expand to knowing how to deal with bleeding, choking and basic life support as well as having an awareness of immunisation. Children will learn about puberty and the emotional changes involved including menstruation.



Impact

As children progress through Whitehouse Primary School they develop a deep knowledge, understanding and appreciation for themselves and others. Throughout their time at Whitehouse they will deepen their understanding of the relationships formed both within families and friendships and build upon their knowledge of safety both online and in the real world. Children will learn skills to ensure they are prepared for the modern world, considering their rights and responsibilities to themselves and others. They will be able to make sensible and healthy choices, being aware of the process of how to receive help if and when necessary. Every individual will build their understanding of mental well-being and how it is affected. Children will become resilient and confident, understanding simple self-care techniques and the issues that can arise relating to diversity and prejudice.



"Do not judge me by my successes, judge me by how many times I fell down and got back up again."

Nelson Mandela

