



PSHE at St. Alban's CE Primary School

St. Alban's School is a community that seeks to base its life on the love of God shown in Jesus Christ; on this basis we aim to help every child discover their full potential as a child of God, spiritually, intellectually, emotionally, physically and socially; 'educating for life in all its fullness'.

At St. Alban's, PSHE is at the core of what we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the "whole child" intellectually, morally, socially and spiritually. Through our whole-school approach to PSHE, it is our belief that excellence in these areas will lead to excellence across the curriculum and beyond in later life. At St. Alban's, we are aware of the way that PSHE supports many of the principles of safeguarding and links closely to schools Safeguarding, SMSC and British Values Policies. We are also all aware of the important role the PSHE curriculum has in supporting school to implement the 9 protected characteristics of The Equality Act 2010. PSHE at St. Alban's is taught across the school from Nursey to Year 6 and our curriculum has been tailored to reflect the needs of our pupils. Our PSHE curriculum equips children with relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever-changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. Weaving through the heart of our PSHE teaching, is always a commitment to enhancing and promoting our Christian Values.

How our PSHE curriculum is structured

Our whole school curriculum is designed around 4 main topics, Mental Health, Health and Wellbeing, Living in the Wider World and the statutory element, Relationships and Sex Education which became a compulsory component in September 2020. Our PSHE curriculum is a sequenced, spiral programme that builds on prior learning as pupils progress through school. Our curriculum has been tailored to meet the specific needs of our children; this has been achieved through consulting with parents, children and staff and governors.

We are members of the PSHE Association as it is the national body and charity, grant funded and recognised by the Department of Education. The PSHE Association enables us to access the most update research and resources and allows us to customise PSHE teaching to the needs of our children; gaining instant access to additional support as and when required. As children's positive mental health and well-being is a fundamental thread which runs through the centre of our curriculum, we also use the myHappyMind programme, which is backed and approved by the NHS; the programme helps children to develop confidence and resilience and equips them with 'tools' with which to help with self-

regulation. We have several qualified Mental Health First Aiders on our staff team that are able to further support children and staff with emotional health and self-esteem.

Children receive discrete weekly lessons that are taken from the PSHE Association programmes of study in addition to lessons from the myHappyminds programme and are taught using a variety of teaching methods such as discussions, role-plays, case studies and interactive activities. However, our whole school, integrated approach ensures that PSHE does not just take place in discrete lessons it is embedded within the whole school curriculum and ethos of being 'aspirational, resilient, courageous and seeking wisdom.' Our PSHE has some links with other subjects in the primary curriculum, including science, geography, computing and PE. However, the PSHE school curriculum compliments these subjects rather than duplicates content covered in them. For example, e-safety will be touched upon in the computing curriculum but more in-depth learning of digital wellbeing and online relationships will be taught through the Relationships and Health Education curriculum. Another example is that children will learn about changes in humans, from birth to adulthood, as part of the science curriculum. However, through the RSE curriculum, children will learn much more about changes to the adolescent body during puberty, including menstrual wellbeing and how to cope with emotional changes. Children also learn the importance of eating well, sleeping well and the benefits of being physically active.

Protected Characteristics

PHSE at St. Alban's continually weaves throughout our broad and balanced curriculum; we use stories to help our children explore some of the aspects of the 9 protected characteristics in an enjoyable, accessible and non-threatening way. Each year group has specific allocated books to cover diversity and inclusivity through stories with empowering content, providing broad opportunities for discussion and questions. At St. Alban's it is an important part of our ethos that all children see themselves and those around them represented in the stories we share so everyone knows they are important and valued members of our community and society. Each class is also allocated books from the 'Little People, Big Dreams' non-fiction series which depicts inspiring role-models from diverse backgrounds.

Whole School Approach

Whole school and key stage assemblies further support our PSHE curriculum by teaching about topics such as fire, water and sun safety; anti-bullying week, celebrations of different faiths and festivals and through supporting national charities like Children in Need and local charities that are pertinent to our particular school community. Our SENDCO also delivers whole school assemblies to develop awareness around neurodiversity and disabilities. Children take part in educational visits, such as Crucial Crew and visiting the Houses of Parliament. Visitors are also invited into school to further enhance our PSHE curriculum such as the fire service, local dentist, instructors from the Bikeability scheme and professionals

from our local community are invited to talk about their chosen careers to broaden children's goals and aspirations and challenge stereotypes of different job roles and backgrounds.

Enrichment Activities

At St. Alban's we also recognise the important role that extracurricular activities play in enhancing children's skills and abilities, boosting confidence and developing social interactions and so we offer a wide range of clubs including several sports, gardening, art and music. Pupil premium funding ensures that all our children have to access enrichment activities. The PSHE and SENDCO regular monitor the clubs that children attend, to ensure that our most disadvantaged children benefit from extracurricular activities.

Leadership Development

We want all of our pupils to play a positive role in contributing to school life and the wider community and we ensure that British values are firmly embedded within our curriculum, all our pupils have a voice that is listened to; children are provided with opportunities to be actively involved in democratic processes, such as elections to be house leaders and ambassadors and are responsible for setting rules in our class charters. Peer support and engagement play a vital role in promoting school rules and values, our older children take on student leader roles and support the younger children as playground buddies, reading buddies and dining room helpers.

The impact of our curriculum offer

All children understand the importance of PSHE, RE, SMSC and British Values and the effects it can have on life in and out of school, the way in which children conduct themselves around the school is also testament to the overarching PSHE input at St.Alban's. By teaching pupils to stay safe and healthy, and by building self-esteem, resilience and empathy, an effective PSHE programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged pupils. The skills and attributes developed through PSHE education are also shown to increase academic attainment and attendance rates, particularly among pupils eligible for free school meals, as well as improve future employability and boost social mobility. PSHE enables our learners to become healthy, independent and responsible members of a society. It helps our children understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. Our curriculum allows pupils to learn about rights and responsibilities and appreciate what it means to be a member of diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our aim is to equip our children with the skills and emotional tools to embrace the 'Real World' outside of our school, making positive choices especially when faced with difficult ones!

