



"Where responsible, respectful, caring and resilient children and adults strive to be the best versions of themselves."

*Responsibility*

*Respect*

*Care*

*Resilience*

## PSHE

### Intent

Our intention is that when children leave Wherwell, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. We encourage and support our children to have a 'Growth Mindset'. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

### Implementation

Our PSHE curriculum will equip our children with a good understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. To implement this, we adopt the HeartSmart approach to PSHE. HeartSmart is a creative approach to building character, emotional health and resilience in children. Equipping children with foundational principles and skills that will improve their mental health, relationships and academic achievement will help our children to thrive, both at Wherwell Primary and in their lives beyond.

### Wider Curriculum

- 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.
- PSHE, including SMSC and British Values, is an integral part of the whole school curriculum, and is therefore often taught within another subject area.

- 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, responsibility, resilience and care.
- Assemblies are linked to PSHE, British Values and SMSC and cover any additional sessions that would benefit the whole school.

### **Impact**

By the time our children leave Wherwell, children will:

- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Individual Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationship with their peers both now and in the future.
- understand the physical aspects involved in RSE at an age appropriate level □ have respect for themselves and others.
- have a positive self esteem