



## PSHCE Education at Weetwood



*'Happiness is not something ready-made.*

*It comes from your actions.'*

*- The Dalai Lama*



### Our Vision

At Weetwood Primary school we believe that PSHCE education cannot exist in isolation. It is part of a whole school approach where our curriculum provides a range of opportunities for children to learn and flourish in a nurturing environment. We aim for the pupils at Weetwood to be resilient and independent learners who can demonstrate appropriate actions and develop their own coping strategies to support their lifelong well-being.

### Teaching and Learning in PSHCE

At Weetwood Primary School the PSHCE curriculum is split into 6 topics and taught from Years 1 to Year 6. These topics are; Physical Health and Wellbeing, Identity Society and Equality, Mental Health and Emotional Wellbeing, Keeping Safe and Managing Risk, Drug, Alcohol and Tobacco Education and Careers and Financial Capability and Economic Well-being. Each class works within the PSHCE Islington framework where we tailor lessons according to the needs of the class.

Years 2, 4 and 6 have an additional topic of Relationship and Sex Education (RSE) which meets the developing curriculum and needs of the children.

At Weetwood we want not only the staff and children to feel comfortable with the topics being taught but also the parents and carers. With this in mind, we host parent meetings at various points in the year to share with them the topics and planning that their child will be covering. It is in partnership with parents and carers that we can tailor our curriculum to best fit the needs of our children.

In the Early Years both Nursery and Reception cover topics relevant to their age through careful planning and intervention around the children's Personal, social and emotional development. This is a prime area for our Early Years children and therefore the children are assessed against this each half term.

To support the children's mental health at Weetwood, children are also exposed to MindMate lessons every half term. The topics covered here are; Feeling Good and Being Me, Friends and Family, Life Changes, Strong Emotion, Being the Same and Being Different and Solving Problems (making it better). MindMate lessons are designed to promote an ethos of prevention and early intervention within the school, where all children can feel safe to talk about their SEMH needs and where all staff are able to support this effectively.

At the start and end of each academic year, Years 3, 4, 5 and 6 take part in the 'My health my school' survey, so that data can be analysed and then PSHCE planning can be altered to match the needs of individual classes.