



Personal, social, health and relationships education curriculum (PSHE)



INTENT

PSHE education is a fundamental part of our school curriculum. At Frogmore Infant School, we aim to instil a nurturing environment in which each child is encouraged to reach their full potential. We celebrate each child's uniqueness and encourage mutual respect, responsibility whilst fostering self-esteem in a happy and caring atmosphere. The teaching and learning of PSHE supports and upholds this. Through PSHE we aim to develop knowledge, skills and attributes children need to manage their lives, now and in the future. We strive to provide our children with skills and experiences so they can become responsible members of society, help them to understand how they are developing socially and personally, whilst tackling many of the diverse, moral, social and cultural issues that are part of growing up.

We want our children to be able to articulate their emotions, knowing this can sustain good mental health. We want all our children to believe in themselves so they can achieve academic and personal goals, stick to tasks even when the reward may be distant or uncertain and to recover from knocks and challenging periods in their lives.

Safeguarding and relationships education are also fundamental to our curriculum. We want our children to have the skills, knowledge and ability to feel well equipped, safe and confident when approached with challenging situations. We want our children to appreciate what it means to be a member of a diverse society and to develop their sense of self-worth as they contribute to school life and the wider community.

IMPLEMENTATION

We have taken into account the National Curriculum and RSE requirements and developed our curriculum in consultation with parents/carers, children and staff, taking into account the age, needs and feelings of our children. Our curriculum is detailed in our Relationships policy and is linked to the PSHE Association's curriculum and to our school values.

The PSHE curriculum has carefully planned learning opportunities which ensure in each year group there is a progression of skills, vocabulary, understanding, and knowledge. This is supported by the *My Happy Mind* programme which provides a structured framework for developing emotional resilience and mental wellbeing. Through its focus on positive mental health and knowledge of how our brains work, the programme encourages children to recognise and manage their own emotions, build self-confidence, and develop a growth mindset.

The PSHE curriculum is taught throughout the school, during weekly sessions. Of course, opportunities will often present themselves for an ad hoc PSHE session in class. Examples may include a follow-up to an issue that has arisen on the playground. Classroom sessions will vary in form and content, but all share the underlying principle of creating an open and honest class dialogue within a caring and respectful environment. Our school year features many opportunities to explore Personal, Social and Health Education. These include Internet Safety Day; visitors to the school; pupil responsibilities; our various sporting events and clubs; the measurement of height and weight for pupils; animal visits; and pupil eye tests. A recent addition of the Rainbow Room in school has helped to create a safe and reflecting area in which all children are welcomed should they feel the need to take time away from a busy classroom to collect their thoughts.

IMPACT

The impact of our PSHE curriculum is that children at Frogmore Infants School are equipped with the necessary attitudes, skills and knowledge that will enable them to be ready for the learning required at KS2 and beyond.

We shape our PSHE curriculum to be fully inclusive to every child and ensure that children's ability to show what they have learnt and understood is not limited by their writing skills.

Happy learners, great achievers