



PSHE at North Clifton

Intent

Children's emotional health and wellbeing has a huge impact on their ability to learn and so a whole-school approach is vital to improving the emotional health and wellbeing of our school community, helping to keep our children safe, improve behaviour and raise achievement. At North Clifton the children are given opportunities to learn about rights and responsibilities; tolerance of others' beliefs and ideas; the rule of law in society; the role that democracy plays in the running of our society; and encouraging pupils to have a mutual respect for others in our local community and a wider diverse society.

It is our intent that personal, social and health education (PSHE) enables our children to

- become healthy, independent, respectful, resilient and responsible members of society.
- understand how they are developing personally and socially,
- tackle many of the moral, social and cultural issues that are part of growing up.
- learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.
- develop their sense of self-worth by playing a positive role in contributing to school life and the wider community so that they develop life-long skills.
- prepare for puberty, and give them an understanding of sexual development and the importance of health and hygiene, and how to be safe
- create a positive culture around issues of sexuality and relationships
- promote the spiritual, moral, cultural, mental and physical development of pupils.

Implementation

At North Clifton Primary we use Coram Life Education and their SCARF scheme to help us to deliver our PSHE curriculum. SCARF stands for:

- Safety
- Caring
- Achievement
- Resilience



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• Friendship

We use specific PSHE lessons, as well as regular SCARF slots, and also sometimes use SCARF together as a whole school in assemblies.

Our PSHE curriculum is mapped out in 6 units over the academic year:

- Me and My Relationships
- Valuing Difference
- Keeping Myself Safe
- Rights and Responsibilities
- Being My Best
- Growing and Changing

At North Clifton we work together as a community to make sure we are all safe and happy and the older children help and support the younger children to develop a 'family ethos' within school. School Council assemblies are also held each week, where PHSE related subjects are discussed and pupils are able to share their voice. Our School Council also help to make decisions, plan fundraising events and to discuss whole school issues and concerns. Each class has a worry box which is emptied regularly and any worries are discussed with the child and a strategy agreed to help them to deal with the worry. All children know that they can talk to any member of staff about any concerns and worries they may have.

We have visitors in school who talk to us about how to stay safe - RNLI, fire fighters, road safety training, Bikability, water safety training. We take part each year in Friendship and Caring week, Mental Health Awareness week and Internet Safety week. We also help and raise money for charities throughout the year - Children in Need, Sports Relief, Comic Relief, Ukrainian appeal, Macmillan, NSPCC, as well as collecting donations for the Newark Food bank as part of our Harvest service.

Cross-curricular links are made with other subjects such as English, Science, RE, PE, Design Technology and Computing. We also watch Newsround daily and discuss current affairs with the children.

Regular wellbeing sessions are planned for in each classroom, including mindfulness sessions, short bursts of activities (such as Just Dance or Yoga)



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and Growth Mindset sessions. We take part in regular mental health workshops, and have achieved 'One Goal Wellbeing Champion awards'.

We also focus on Health Education in our enrichment sessions. We have a thriving Secret Garden where we learn about nutrition and healthy eating. We plan our garden, thinking about what we would like to grow, nurture the plants, harvest them and then cook a variety of different dishes. We are progressing through the School Gardening Awards.

We also take part in a range of extra-curricular sporting activities, working to achieve School Games Mark each year. We have a weekly before and after school Sports Club run by a Sports Coach.

We have attractive PHSE displays, which are built on throughout the year and an area where the children have time out if they need it. Calm jars, mindfulness colouring and calming strategies are available in this area. The den is our safe space in school and we use this space to work with small groups or one to one with an adult or to deliver nurture group sessions with our ELSA trained Teaching Assistants. The Den is an invaluable space for us to use when focusing on our emotional health and well-being.

Impact

Through implementing all of the above we will have children who:

- display a growth mindset and resilience
- understand and apply subject specific vocabulary
- retain and build on knowledge of PSHE
- understand and apply our core values of Respect, Responsibility and Resilience
- understand and apply British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty, along with other key values
- demonstrate a positive and healthy outlook towards school
- develop positive relationships with their peers both now and in the future
- develop responsibility both individual responsibility and shared responsibility
- have respect for themselves and others
- develop their sense of self-worth by playing a positive role in contributing to school life and the wider community



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- have positive body images
- understand how to make a positive contribution and become responsible global citizens
- understand what it means to be part of a diverse society
- be equipped to 'reach for the stars.'