

Personal, social, health and economic (PSHE) at Tenacres

Intent

This is an essential part of the curriculum, providing a fundamental base for learning and living. It helps pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. (PSHE association).

At Tenacres our PSHE curriculum is designed to:

- Provide the knowledge and information to which all pupils are entitled.
- Create an atmosphere where pupils can ask questions without embarrassment.
- Raise pupils' self-esteem and confidence, especially in their relationships with others.
- Develop pupil's communication skills and assertiveness to cope with the influence of their peers and the media.
- Understand about the range of relationships, including the importance of family for the care and support of children.
- Name parts of the body, describe how their bodies work and be prepared for puberty.
- Help pupils learn to respect and care for their bodies.
- Recognise unsafe situations and be able to protect themselves and ask for help and support including online safety.
- Equip children with the skills they need such as developing a growth mindset and developing resilience. We will nurture their mental and physical health.
- Become positive and active members of a democratic society.

We are dedicated to ensuring that Tenacres is a safe, happy and caring place in which to learn. We have high standards of behaviour and ensure our children's hard work is celebrated in a weekly achievements assembly.

What does PSHE look like at Tenacres?

Implementation:

PSHE is concerned with the social, health and economic realities of their lives, experiences and attitudes. It supports pupils to be healthy (mentally and physically); safe (online and offline) and equipped to thrive in their relationships and careers.

Through weekly PSHE sessions we aim to develop a child's self-esteem and confidence. It provides a relaxed and secure setting in which the children have the opportunity to express their feelings.

At Tenacres we use the Jigsaw schemes of work (Y 1-4) after working in partnership with our Alliance schools. Jigsaw focuses on the 'whole child' through a spiral curriculum approach to develop knowledge skills and understanding in the areas of:

*Being me in my world

*Celebrating difference

*Dreams and Goals

*Healthy Me

*Relationships

*Changing Me

In the Foundation stage:

PSED (Physical, Social Emotional Development) is one of the prime areas of learning and is central to teaching and learning across the Early Years curriculum. PD (Physical Development) is another prime area of learning and includes Health and Self Care.

The three Early Learning Goals for PSED are:

1. Self-regulation
2. Managing self
3. Building relationships

We are dedicated to supporting children's mental health through a variety of different ways. We have a starlight room for pupils to access, worry monsters in each class and a main worry box in the library. We will also further support our children at Tenacres by having a dedicated week each year for children's mental health. During this week a variety of activities will take place to promote positive attitudes but also focus on what to do and who to turn to when they do have worries and want to talk.

Impact of PSHE teaching at Tenacres

At Tenacres we really want the best for all of our pupils no matter their ability, background or any additional needs they have. We want our pupils to:

- Be able to make decisions to keep themselves safe
- Have and maintain healthy relationships
- Show perseverance and a willingness to try new things
- Know who they can go to when they do have worries and concerns
- Be healthy and responsible members of our modern, multicultural society

Pupil voice surveys are used to measure the impact of PSHE teaching and mental health week.