

PSHE/RSE Curriculum Statement



'I was always looking outside myself for strength and confidence, but it comes from within. It's there all the time.' Anna Freud



Intent

Our intent as a school is to prepare ALL our children for the wider world and for life in modern Britain. To become Effective Contributors, Confident Individuals, Responsible Citizens and Successful Learners.

PSHE and Citizenship Education encompasses many of the elements of effective SMSC (Spiritual, Moral, Social and Cultural) provision as well as contributing to personal development by equipping pupils with the attributes, knowledge and skills they need to support physical, mental and emotional wellbeing in school and beyond.

PSHE and Citizenship education help to develop positive attitudes to learning, a positive and respectful culture and encourage learners to develop positive behaviour and conduct. In addition to the delivery of our comprehensive approach to PSHE, as a school we also play a large part in contributing to the personal development of our children.

Implementation

We currently use the curriculum framework from Coram life, called SCARF, this is supported by a yearly visit from the Life Bus. SCARF provides the framework for a whole-school approach to improving children's wellbeing and progress, based on five values:

- 1) Safety
- 2) Caring
- 3) Achievement
- 4) Resilience
- 5) Friendship

SCARF provides a whole-school teaching framework centred on the 'Growth Mindset' approach – promoting positive behaviour, mental health, wellbeing, resilience and achievement. The SCARF values are brought to life through stories of Harold the giraffe and his friends, songs, films, and thought-provoking and fun activities. As children get older, while they still cherish Harold, themes about wellbeing and relationships are explored in greater depth and resources are tailored to their age group.

SCARF provides a strong foundation for children's spiritual, moral, social and cultural education (SMSC) and development; it is at the heart of the SCARF curriculum. SCARF provides a robust framework for promoting a positive ethos and values cross the school community, contributing significantly to British Values education (British Values opportunities are interspersed throughout our Long-term Planners and are highlighted in red), both explicitly and implicitly.

The focus across the three themes of:

- * *Health and Wellbeing*
- * *Relationships*
- * *Living in the Wider World*

These themes help foster and develop children's responsibility for their own actions; respect for the actions and beliefs of others; an understanding of how each individual is protected by the rule of law; and how everyone can make a positive contribution to society through the democratic process.

SCARF lessons are carefully planned as part of a spiral curriculum, covering all subjects which are comprehensively matched to the new Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance. Some lessons provide the fundamental building blocks needed for children to achieve the end of primary school outcomes, relating indirectly to those outcomes.

Impact

The impact of a good PSHE education cannot be understated. Quite simply, it forms the preparation for adult life, enabling a child to understand and face the challenges, complexities and questions that arise in a diverse world.

The ability to recognise and develop good relationships, the reinforcement of positive mental and physical health, understanding how their body will change and grow, the development of respect and tolerance for all, an understanding of society and the role of the individual in a community – these are the skills that will equip our children for life.

- *All children in our care have received the opportunities to help them move onto the next stage in their lives feeling confident and well-equipped.*
- *ALL children are provided with equal opportunities, there is no disparity between disadvantaged and SEND children.*
- *Our broad and balanced curriculum ensure that all children are given the opportunity to shine.*
- *Our children feel valued and loved appreciating that they are part of the Vallis community.*

By the end of their time at Vallis, children will:

- Develop effective interpersonal relationships with their peers and adults
- Build their confidence to tackle real life problems and apply their skills
- Explore current and relevant social issues to help them become tolerant and well-rounded, global citizens
- Demonstrate the qualities and attributes we strive for and recognise as British Values.
- Know and understand that people have different lifestyles and are respectful of their choices.
- Know and understand the importance of a healthy lifestyle including relationships, drugs education and physical needs.
- Develop an understanding of how to use technology safely and responsibly and have an awareness of other personal safety.
- As they move into UKS2, begin to think about their future careers and aspirations

Subject Lead: Tracey Messenger

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