The Nightingale Federation

'Let your light shine.'
Matthew 5:16

Diocese of Norwich Education and Academies Trust

# PSHE/RSE

***We are all different but there's something kind of fantastic about that, isn't there?"*** Roald Dahl

## Subject Vision and Values

PSHE stands for Personal, Social, Health and Economic education. It as an important and necessary part of all pupils' education. Whilst it is a non-statutory subject, it includes a range of statutory content outlined in the national curriculum and within specific guidance on safeguarding, drugs education, financial education, Relationships and Sex Education (RSE) and health education.

**The aims and objectives of PSHE and RSE are in line with the National Curriculum and enable children to be:**

- Confident individuals who know and understand how to live safe, happy, healthy and fulfilling lives
- Young people who are able to maintain positive, respectful and healthy relationships, within which they can thrive personally and socially
- Responsible citizens who understand they have rights and responsibilities that help them to make a positive contribution to society
- Successful learners who enjoy discovering new knowledge, making progress and achieving success

## Intent

We are committed to providing a broad and balanced life-skills curriculum through PSHE education, allowing all of our children to 'Let Their Light Shine'. This is taught through the three strands of Relationships and Sex Education, Health Education and Living in the Wider World. Our PSHE curriculum is essential to providing pupils with the knowledge, skills and attributes needed to manage their lives now, and in the future.

## Implementation

The knowledge and skills across the three main strands of PSHE education build sequentially through the following topics in Years 1-6, with pupils often revisiting an idea or concept again in a later unit:

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

In the Early Years Foundation stage, PSHE education is covered mainly through the prime areas of Personal, Social and Emotional Development and Communication and Language, as well as through the specific areas of Understand the World.

## Impact

By the time our children leave our school, they will:

- Be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life
- Be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- Appreciate difference and diversity
- Recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- Be able to understand and manage their emotions
- Be able to look after their mental health and well-being
- Be able to develop positive, healthy relationship with their peers both now and in the future.
- Understand the physical aspects involved in RSE at an age appropriate level
- Have respect for themselves and others.
- Have a positive self esteem

**Spiritual Development**

Through PSHE at the Nightingale Federation, children are given opportunities to express themselves, while being mindful of our qualities and differences. Children learn to have mutual respect and open-mindedness of those of different faiths and beliefs. We use questioning, reflection time and idea sharing to promote curiosity and wonder and celebrate our uniqueness.

**Cultural Capital links with PSHE / RSE**

The PSHE curriculum at the Nightingale Federation, including RSE, is regularly reviewed to reflect the needs of the pupil population. In addition to weekly PSHE lessons, we include specific teaching on wellbeing and mindfulness as well as enabling pupils to be reflective and able to self-regulate. PSHE teaching often works with pupils' real-life experiences, addressing a range of personal, social, emotional and health issues. A safe, supportive and respectful learning environment is created by establishing clear ground rules, developed and agreed with all pupils. Lessons are also characterised by active and interactive engagement. In every unit, a variety of teaching and learning styles are used including videos, information sheets, visual aids, games, story books, pictures and drawing and role play. Finally, as an inclusive school that allows all of our pupils to 'Let Their Light Shine', we value difference and diversity within our school community and the wider world. As such, PSHE education is delivered within the context of our school values:

- School values: Light for Growth: courage, kindness, respect and honesty. Light for Health: community, environment, sport and service. Light for Learning: creativity, curiosity, responsibility and perseverance.