Grange Primary School

PSHE and RSHE

Intent

Implementation

Impact

Belong ***Believe*** ***Achieve***

PSHE & Relationships

Vision

Grange Primary School is a special place where we grow and nurture enthusiastic and courageous learners. We have our own distinctive 'feel', which makes us unique. This is best summed up by our core values of Love, Hope, Co-operation, Respect, Resilience, Confidence and Responsibility, as chosen by our children and staff. Happy, safe and respected children thrive in life! We aim to ensure our children flourish at Grange, therefore promote a friendly, safe and caring environment, with positive relationships which prom

What we believe and why

At Grange Primary School, in line with the National Curriculum, our PSHE approach aims to promote pupil's spiritual, moral, social and cultural development and prepare them for the opportunities and responsibilities of life. This ensures that the curriculum helps pupils develop the knowledge and understanding of their own and different beliefs as well as an understanding of their rights and responsibilities, developing integrity and independence in building respect for their environments and communities. We aim to promote self-esteem and emotional development to help pupils, form, grow and maintain satisfying relationships.

Intent

At Grange Primary School, we aim to provide a broad, balanced and inclusive PSHE and Relationships curriculum that equips children with the knowledge, skills and attributes they need to thrive both now and in the future. We recognise that PSHE and RSHE are fundamental in preparing children for life in modern Britain by supporting their personal development, wellbeing, safety and understanding of the diverse world around them.

Our curriculum is designed to develop confident, respectful and resilient learners who can build healthy relationships, make informed decisions, manage risk and contribute positively to society. We place a strong emphasis on safeguarding and ensuring that children understand how to stay safe both offline and online. Through age-appropriate learning, pupils develop an understanding of privacy, consent, personal boundaries, online influences, digital wellbeing and how to seek help when needed.

We recognise and celebrate the diversity of our school community and wider society. Our curriculum promotes equality, inclusion and respect for all protected characteristics, enabling children to appreciate different family structures, cultures, religions and life experiences. We are committed to helping pupils understand that everyone deserves to be treated with kindness, dignity and respect.

By placing emotional literacy, mental wellbeing, personal safety and healthy relationships at the heart of our curriculum, we aim to nurture pupils who are compassionate, reflective and responsible citizens. We support children in

developing self-awareness, resilience and communication skills so that they are prepared for the opportunities, challenges and responsibilities of later life.

Weaving through the heart of our PSHE teaching is a commitment to enhancing and promoting our core values of ***Love, Hope, Co-operation, Respect, Resilience, Confidence and Responsibility.***

Implementation

PSHE and Relationships Education is taught weekly across the school through the **Jigsaw PSHE Scheme**, alongside the **Christopher Winter Project (CWP) Scheme** for Relationships, Sex and Health Education. The curriculum is carefully sequenced from Nursery to Year 6, ensuring that knowledge, understanding and skills build progressively year on year.

The Jigsaw programme provides a comprehensive and inclusive approach through the six themes:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Our curriculum reflects current statutory RSHE requirements and responds to the lived experiences of children growing up in a rapidly changing world. Learning is delivered through discussion, reflection, role-play, problem-solving and collaborative activities which encourage active pupil participation and the development of communication and relationship skills.

Key areas of learning include:

- Healthy and respectful relationships
- Family life and diverse family structures
- Friendships and peer relationships
- Emotional literacy and mental wellbeing
- Self-regulation and resilience
- Personal safety and risk management
- Online safety, digital wellbeing and responsible technology use
- Privacy, consent and personal boundaries
- Anti-bullying and discrimination awareness
- Physical health and healthy lifestyles
- Growing up, puberty and human development
- Change, loss and bereavement
- British Values and citizenship

We enhance our PSHE provision through assemblies, British Value assemblies and Oracy lessons, themed weeks, Anti-Bullying Week, Children's Mental Health Week, Online Safety events, pupil leadership opportunities and wider curriculum links. These experiences support pupils' spiritual, moral, social and cultural development and encourage them to become active and responsible members of their community.

As a school, we promote positive mental health through mindfulness activities, emotional check-ins and self-regulation strategies which support pupils in recognising, understanding and managing their emotions.

In the summer term, Relationships and Sex Education is taught through the Christopher Winter Project alongside relevant Jigsaw "Changing Me" units. Lessons are delivered in an age-appropriate manner and provide children with accurate knowledge, correct anatomical vocabulary and opportunities to discuss questions safely and respectfully. Parents and carers are actively informed and consulted regarding RSHE content, and curriculum materials are made available in line with statutory guidance. Through these lessons, our pupils will be supported in developing their knowledge, skills and understanding in the following areas:

- My body, My relationships
- Growing up, staying safe
- Differences
- Valuing differences and keeping safe
- Growing Up with respect
- Puberty and personal boundaries
- Puberty, relationships and reproduction

Assessment is ongoing and takes place through pupil voice, discussions, observations, learning activities and staff evaluation, ensuring that teaching remains responsive to the needs of all learners.

Impact

By the time children leave Grange Primary School, they will:

- demonstrate confidence, self-respect and respect for others
- understand how to establish and maintain healthy, positive relationships
- communicate their thoughts, feelings and needs effectively and appropriately
- recognise trusted adults and know how and when to seek help
- understand personal boundaries, privacy and the importance of consent in age-appropriate contexts
- know how to keep themselves safe both online and offline
- demonstrate resilience and effective strategies for managing emotions, challenges and changes
- understand the importance of positive mental and physical health and know how to maintain wellbeing

- appreciate and celebrate diversity, inclusion and equality within their communities and beyond
- understand different family structures and relationships based on love, care and respect
- make informed and responsible decisions about their health, wellbeing and safety
- show empathy, kindness and compassion towards others
- be prepared for the physical and emotional changes associated with growing up
- develop the knowledge, skills and attributes needed to become active, responsible citizens

The impact of our curriculum is evidenced through pupil voice, learning walks, lesson observations, curriculum monitoring, behaviour and safeguarding records, assessment opportunities and the positive attitudes demonstrated by pupils across school life. Children leave Grange Primary School as respectful, resilient and responsible young people who are well prepared for the next stage of their education and for life in modern Britain.