

### Intent

At Brindishe Schools, we believe that the skills and information children learn in PSHME helps them to become more committed, curious and conscientious members of society. We want all children to grow up to be healthy, happy and safe, and be able to confidently manage the challenges and opportunities of modern Britain. It is important that our children are equipped with the right knowledge and skills to make informed decisions about their wellbeing, health and relationships, as well as preparing them for a successful adult life. Safeguarding runs through our curriculum, but particularly our PSHME curriculum

Our PSHME Curriculum is very comprehensive, current and inclusive, as we aim to give the children the information that they need to know, at the appropriate time. We want our children to understand that they are global citizens and that the choices and decisions that they make not only have an impact on their lives, but also on the lives of others. We want our children to be compassionate and value the importance of collaboration.

### Implementation

Our PSHME Curriculum is designed so that our children learn how to take care of themselves and others, are able to put this knowledge into practice and can discuss the consequences of decisions and actions. It involves children learning to keep themselves safe, fit and healthy, and develop a set of values and beliefs, including respect for themselves, for others, and for the environment. We take time to develop children's ability to listen to others, to express their views, and to discuss and debate current ideas and issues.

In EYFS, a child's 'personal, social and emotional development,' is a prime area because it lays the foundations for children's success in all areas of learning and life. The curriculum is split into 3 areas - Making Relationships, Self-confidence & Self-Awareness, Managing Feelings & Behaviour. Our youngest children learn fundamental skills which will allow them to be happy and successful members of their class community through play, exploring and responding to events that take place during the school day.

In Key Stage 1 and 2 our curriculum is taught through assemblies, discreet lessons, other areas of the curriculum and homelearning. We also welcome visitors into school, go on educational visits and respond to local and national events. As Rights Respecting Schools, we teach our children about their Rights and how they can stand up for the Rights of others. We also cover many aspects of the curriculum through holding special events and marking national days, such as Children's Mental Health Week and Celebrating Diversity Week.

Children are taught about:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe.

As part of Health Education, they are also taught about:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body.