

## **Personal, Social and Health Education (PSHE)**

One of the strengths of PSHE education provision at St Alphege is that it is central to all aspects of school life. As a small school, with a totally child-centred approach, we endeavour to provide every child an individualised personal, social skills-based support that responds directly to their own current needs. This approach ensures that everyone feels safe and secure and we have appropriate high expectations for behaviour and respect for one another.

PSHE education as a curriculum subject is a discrete timetabled lesson throughout the year. From teaching pupils to find out about themselves and the changes they will face, to discovering how to be a good citizen, we use 'Circletime', interactive games and teaching ideas to inspire.

At St Alphege we also use a toolkit called Social, emotional Aspects of Learning (SEAL) as a framework for teaching. This focuses on termly themes, which are;

New beginnings

Getting on and Falling Out

Saying no to Bullying

Going for Goals

Good To Be Me

Changes