

PSHE & RSHE

'To educate the mind without educating the heart is no education at all'

Aristotle.

INTENT

At St Alphege CE Infant School and Sunbeams Nursery we believe that the promotion of our pupils' personal, social, spiritual and emotional well-being is a fundamental aspect of the journey our pupils take with us and underpins all other learning.

We aim to create a safe, loving and inclusive environment within our school that celebrates every child's uniqueness and individuality.

We aim to develop spirituality, resilience, empathy and tolerance through the promotion of our Christian values and ethos.

We aim to promote the development of the social and emotional skills our pupils need to help them form and maintain worthwhile and satisfying relationships, based on love and respect for themselves and for others, at home, at school, in the community and in the future.

We aim to promote the development of health and economic well-being through our inspiring and creative curriculum to enable our pupils to become responsible members of our school and community, and who are able to make choices for themselves and others that ensure their health and safety.

We aim to develop self-efficacy through a curriculum that instils courage in the hearts of our children and enables them not only to take risks within a culture of affirmation and challenge but to know when to ask for help and how to seek support.

IMPLEMENTATION



St Alphege Values

Koinonia

Forgiveness

Trust

Kindness

Love

Joy

We have a whole school approach to developing and promoting PSHE, relationships and health skills.

We have developed a culture within our school community where the St Alphege School Christian values of Koinonia, Forgiveness, Trust, Kindness, Love and Joy are embedded and at the heart of everything we do.

Our learning dinosaurs celebrate the 'softer skills' and the characteristics of effective learning that our pupils are developing. These 'soft' skills include, independence, perseverance, resilience, curiosity, team work and kindness.



These are all part of our school's corporate mindset and are displayed throughout the school to ensure that we keep talking about them, so that they become part of our everyday dialogue around the school.

HeartSmart

HeartSmart is a whole school programme of study that ensures full coverage of the statutory elements of PSHE (Relationships and Health Education) appropriate to the age and developmental stage of the children within our school community.

EYFS & KS1

HeartSmart is delivered throughout the EYFS and Key Stage 1 during weekly HeartSmart lessons with every year group exploring the same theme at the same time. There are 5 HeartSmart themes or 'slogans' that are explored throughout the year in a sequenced and progressive way. The themes are rooted in Christian scripture, exploring the themes of love as it is described in 1 Corinthians 15.



Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Get HeartSmart Meet Boris	Don't Forget To Let Love In!	Too Much Selfie Isn't Healthy!	Don't Hold On To What's Wrong!	Fake Is A Mistake!	'No Way Through' Isn't True!

These themes are built upon a spiral curriculum, so that each theme covered over the course of a year is revisited the following year and so on. As children begin a new theme, they are able to consolidate and build upon prior learning within that theme.

Lessons are delivered through high quality first teaching and are adapted sensitively to the needs of the children being taught. In addition to this, aspects of the KS1 PSHE and RSHE curriculum is delivered through elements of the science, PE and computing curriculums.

EYFS Sunbeams Nursery

HeartSmart is delivered during a weekly lesson, however, by the nature of our flexible provision, not all children will access this consistently. There is no statutory requirement to deliver a discrete PSHE (RSHE) lesson in the EYFS. The Early Years Foundation Stage statutory guidance and Development Matters informs our practice and ensures that a comprehensive curriculum that incorporates the development of skills for personal, social, health and emotional well-being, as well as the development of positive relationships is delivered through short play-based activities, continuous provision and learning through play opportunities. Through a safe, loving and nurturing environment where positive relationships are both modelled and nurtured, we believe we achieve the foundation blocks to future learning and development in all of the skills mentioned above.

IMPACT

Research shows that PSHE (RSHE) helps to keep children safe and healthy. They are more likely to have positive relationships in school, as well as a strong sense of belonging to their school community. It therefore has the significant potential to boost life chances, removing barriers to learning and helping pupils to succeed academically (PSHE Association).

Adaptive, sensitive and high quality first teaching ensures that all pupils, including SEND and our most disadvantaged children, gain the cultural capital required to develop the skills and attributes that PSHE, Relationships and Health Education offer them.

At St Alphege CEI School you will see children who: persevere; take risks in their learning, are independent; are curious; demonstrate tolerance and empathy; feel safe and happy; enjoy positive relationships within the school community; make links in their learning; know when to ask for help and where to get support; are emotionally literate.

The impact of our PSHE (RSHE) curriculum is monitored by the subject lead through Big Book looks, teaching and learning observations, pupil voice and formative assessment.