



Personal Social Health Education at Condover CE Primary School

Intent

The PSHE curriculum at Condover CE School provides values-based, progressive content that promotes positive behaviour, mental health, wellbeing, resilience and achievement. Research shows that there is a link between a pupil's wellbeing and positive mental health and academic achievement. Therefore, in order for our children to learn and be well, they need to have good mental health, resilience and the ability to keep themselves safe. Through our PSHE curriculum, we aim to equip children with these attributes and the skills to implement them in different contexts.

Implementation

PSHE is taught both in discrete weekly sessions from Reception to Year 6. However, we are so passionate about the vital role that PSHE plays in supporting our pupils, our school ethos and culture is intrinsically linked to key PSHE principles. We ensure that taught content is fully aligned to the PSHE Association Framework in order to provide our children with a comprehensive and externally ratified coverage. In order to tailor our PSHE content to the needs of our pupils, we combine carefully chosen resources that make up our full PSHE offer. These are outlined below:

SCARF (Coram Education)

Our PSHE is delivered through the SCARF resources. The lessons align fully with Condover's ethos of promoting wellbeing and an understanding of mental health and therefore provides a strong foundation for our curriculum. The curriculum is broken down into six strands;

1. Me and my relationships
2. Valuing difference
3. Keeping myself safe
4. Rights and responsibilities
5. Being my best
6. Growing and changing

Children explore these strands year-on-year, building a toolkit of strategies and knowledge which they apply in scenario-based lessons, giving them the opportunity to ask questions and practise the skills in a safe and caring environment.

Understanding Mental Health and Wellbeing

We are incredibly passionate about equipping children with the skills and knowledge to develop positive mental health, including strategies to support themselves if they are feeling low or anxious. All children start every morning and every afternoon with a *mindfulness activity* – children de-stress and prepare for the day, clearing their minds ready to learn.

We recognise that, for some children, developing positive mental health and wellbeing is incredibly challenging and that for some, additional focussed teaching needs to be put in place to close this gap. We provide interventions in small groups for children who need extra support. Each of these interventions help our children to understand themselves, their emotions and how to be successful in the world both in and outside of school.

Impact

It is evident when walking through the school that the development of the whole child is central to the work that we do – children are well-cared for and the development of personal, social, emotional and health needs is a strength. Children at Conover school are able to talk confidently about how to keep themselves safe both in and around school as well as online. They care for each other, accept differences and support their peers in a way that demonstrates that their core values match those of the school's and staff.

Children at Conover are reflective and articulate when discussing their emotions. Using scenarios within their learning means that children can apply transferrable skills, preparing them to meet unknown situations with confidence. Where additional support is required to develop any area within a child's personal, social, emotional or health needs, intervention is swift and effective.

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