



Townlands C of E Primary Academy

A journey of learning in the light of God's love.

PSHE & RSE

"You're braver than you believe, and stronger than you seem, and smarter than you think."

A.A. Milne/Christopher Robin

Our Vision for PSHE & RSE

At Townlands, we believe that PSHE and RSE offers a planned programme of learning where our children acquire the knowledge, understanding and skills they need to keep themselves healthy and safe. It enables our children to develop the necessary foundations required for building and forming healthy and respectful relationships; focusing on family and friendships. As part of our whole school approach, PSHE develops the qualities and attributes that children need to manage opportunities, challenges and responsibilities as they grow up, enabling them to thrive as individuals, family members and members of society. By teaching pupils to stay safe and healthy, and by building self-esteem, resilience and empathy, our effective PSHE curriculum enables staff to tackle barriers to learning and raise aspirations for all our pupils.

Why do we teach PSHE and RSE?

We believe that our school should be an inclusive community where all children aim to be the best versions of themselves. We encourage all children to achieve, develop self-confidence, positive values and beliefs, a sense of community, well-being and a caring attitude towards others. PSHE is central to this ethos and equips children with the knowledge, skills and strategies to live healthy, safe and responsible lives. At Townlands, our vision is founded on Christian teaching and values and recognises the uniqueness and worth of each individual member of the school, both children and adults alike, all of who are loved by God. With this in mind, the aim of our school is to encourage children to understand and respect the various beliefs, traditions and practices of others, both within the school and

wider community. Our purpose is to ensure that pupils leave us with a maturing understanding of the experiences and values of others and a growing sense of identity based on personal values and self-worth with the community.

Rationale – Why we do what we do...

To ensure the needs of our children are met, in the delivery of lessons, we encourage children to express themselves through a range of speaking and listening opportunities. In the curriculum design, we have added in specific focuses, which are inherent to our children, such as internet safety and fire safety sessions. We believe, real-life experiences are crucial in developing our children's awareness and understanding of the real world, for example children in Year 6 have an opportunity to visit the Warning Zone which is a Leicester based charity dedicated to teaching life-skills and safeguarding children. For example, at the Warning Zone our children learn to understand and appreciate the complexity of social scenarios such as cyber-bullying, grooming, scammers and much more.

Enrichment

The children will learn about areas specific to PSHE such as health and wellbeing, living in the wider world and relationships. They will also experience the following:

- Experiences of various professionals coming into school to talk to children either in their classrooms and/or during assemblies and collective worship
- Children undertaking and/or contributing to charitable work e.g. Loros, Children in Need, The Royal British Legion Poppy Appeal, Red Nose Day, Save the Children, Lawrence House (Hinckley homeless), Age Concern, Dahlicious Dress-Up Day, Christian Aid etc
- PSHE displays are clearly visible around the school and they reinforce the PSHE curriculum, enabling children to make links
- Student voice through our School Council
- Our Safe-guarding and Welfare Officer and our Mental Health Officer work with children through lunchtime nurture clubs; they support children with restorative/emotional well-being conversations using ELSA skills.
- Annually, anti-bullying week is timetabled during the autumn term and Townlands has achieved the Diana Award for anti-bullying
- Annually, Healthy Schools week is timetabled during the summer term and Townlands has gained an enhanced Healthy Schools' Accreditation
- September- Esafety induction, February Safety internet day, Mental health awareness week is recognised

- Townlands is an accredited Route to Resilience school; which includes developing within children an appreciation of the many different characteristics needed to support successful learning. It also has a focus on promoting 'Happy Lunchtimes'. There are different zoned areas for children to play in at both lunchtime and playtime including the use of the mobile. Children can also use the conservatory as a reflection and calming area and read a bible, or chat with their friends or play a board game/jigsaw. If children want to, they can go and get a book from the library to read either in the conservatory or on a bench in the playground
- A dedicated Sports Coach, supports children with their football skills at playtimes. We also have facilities for table tennis, badminton and skipping as an option for children to play. In the zone there is a different activity that takes place daily, there is only one rule for playing, which is 'of course you can.' We also have the gym area, trim trails and climbing frames on all the playgrounds
- Table of the half term - every half term a group of children are chosen by our Midday team to sit on the table of the half term, they are invited by formal invitation. This is an extra special table which is decorated with a table cloth and napkins and the children have treats such as crackers and party hats. The children are invited if they have shown excellent manners, kindness and respect for others
- Food for life
- Gardening, gardening with grandparents/governor, Earl Shilton in Bloom
- Year 5 visit St John's Ambulance visit
- Year 1 and Year 5 Fire Brigade visit
- JDRM oral health visit (whole school assembly and workshops)
- Parent/child after school events – EYFS (new starters), Year 6 (SATs and Residential)

How do we deliver the PSHE and RSE curriculum?

The teaching and implementation of the PSHE curriculum will be taught in specific lessons as well as discreetly through timetabled slots and through R Time. There are many other opportunities where children are involved in PSHE outside of a discreet lesson, including collective worship where a range of themes are covered, for example Anti-Bullying week. Additionally, PSHE is threaded through the timetable via cross curriculum teaching such as ICT and science for example e-safety and relationship and sex education.

We have developed a clear and comprehensive scheme of work in line with the National Curriculum. Areas that are covered include the following:

Substance misuse (including drugs, tobacco and alcohol)
Risk Taking /Safety

Diversity
Emotional Health
Coping Strategies
Healthy Eating
Healthy Relationships/Anti-Bullying
Puberty/Growing up
Financial Education
British Values and Democracy
Citizenship
Physical Activity
E-Safety

This is how we support and ensure access for all children:

- Ensure that a range of equipment and resources are available to enable success for all pupils (e.g. videos, speakers, additional templates etc).
- We use teacher and self-assessment to quickly identify any child who requires additional support in specific skills

This is how we challenge:

- An additional challenge planned for, from the very start of the lesson

How does the PSHE and RSE curriculum embed knowledge?

As a school we have a strong belief in the importance of PSHE and RSE and the vital role it plays in helping children to become happy and successful adults. Our focus is to support our pupils to become confident, tolerant and well-rounded individuals. This is evidenced, but is not limited to the following:

- Exposure to a range of global issues and problems, which enable children to build tolerance and a sense of responsibility for being a global citizen
- An understanding of the different lifestyles that people may live and therefore be respectful towards those leading different lives from themselves
- Recognition and application of our British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- An appreciation of the importance of developing a healthy outlook towards school life, as demonstrated in attendance and behaviour (attendance at Townlands is in-line with national and behaviour is outstanding)

- A whole school approach to the teaching of character education, which results in a learning process that enables our pupils to know that they are capable of continually growing into more confident, determined and resilient pupils
- The inclusion of safeguarding and internet safety which provides our children with a safe environment in which to learn and develop, whilst understanding the potential pressures/dangers of social media that may confront them
- The specific teaching about the physical aspects involved in RSE at an age appropriate level.

As a result of our teaching, children at Townlands become healthy, independent and responsible members of a society who understand how they are developing personally, socially and academically, and have confidence to tackle the many moral, social and cultural issues that are part of growing up. Our success in delivering PSHE is further evidenced through the school's recognition by a number of nationally recognised agencies/awards.

All teachers are encouraged to be flexible and imaginative in the way that they choose to record children's learning; they may choose to use photographs of lessons with annotations, discussions and/or a piece of written work.



Useful Websites

<https://pshe-association.org.uk/>

<https://natwest.mymoneysense.com/home/>

<https://parentzone.org.uk/shop/free-resources-families-and-professionals>

<https://www.bbc.co.uk/bitesize/subjects/z7f3cdm>