

PSHE at Valley Road

At Valley Road Primary School, we are committed to providing a well-rounded education that promotes the social, emotional and physical well-being of all our children. As part of this, we offer a comprehensive PSHE (Personal, Social, and Health Education) and RSE (Relationships and Sex Education) curriculum that supports children in developing the skills and knowledge they need to grow into confident, responsible, and respectful individuals.

What is PSHE?

PSHE stands for Personal, Social, and Health Education. It is a key part of the curriculum at Valley Road Primary School, focusing on developing the personal skills and qualities needed to live a healthy, happy, and fulfilling life. The PSHE curriculum helps children understand their emotions, build positive relationships, make informed choices, and become responsible citizens.

PSHE covers the following main areas:

- **Health and Well-being:** Supporting children to make healthy lifestyle choices, including nutrition, exercise, mental health, and self-care.
- **Relationships:** Teaching children how to form positive and respectful relationships with their peers, family members, and others in their community.
- **Living in the Wider World:** Helping children understand their role in society, including learning about democracy, diversity, and responsibility.

What is RSE?

RSE (Relationships and Sex Education) is a fundamental part of PSHE. It aims to provide children with the knowledge and skills to understand and navigate relationships and human sexuality in an age-appropriate way.

At Valley Road Primary School, RSE is taught with sensitivity and respect for all children. We understand that children develop at different rates, and lessons are tailored to ensure that the content is suitable for their age and maturity. RSE focuses on:

- **Respectful Relationships:** Promoting healthy relationships, including friendships, family relationships, and respectful interactions with others.
- **Health and Well-being:** Teaching children about the importance of physical and mental health, and how to look after their bodies.
- **Puberty and Growing Up:** Providing children with accurate information about changes they will experience as they grow, including physical, emotional, and social changes.

Statutory Requirements for PSHE & RSE

As part of the national curriculum, it is now a statutory requirement to teach key areas of PSHE education. This includes:

Relationships Education for pupils in Key Stages 1 and 2.

Health Education from Key Stages 1 to 4.

While these elements are statutory, PSHE education at Valley Road also covers important non-statutory content such as economic well-being, careers and enterprise education, and personal safety, which includes assessing and managing risk. These are essential areas of learning that help prepare children for later life and are integrated into our PSHE curriculum.

Our Approach to PSHE & RSE

We follow the SCARF (Safety, Caring, Achievement, Resilience, Friendship) Programme of Study (<https://www.coramscarf.org.uk/scarf>) to effectively integrate and sequence Relationships, Sex, and Health Education (RSHE), alongside non-statutory content, into a coherent PSHE programme tailored to meet the needs of our Valley Road pupils. The curriculum is adaptable and designed to change as needed to ensure relevance to our students' evolving needs.

We place spiritual, moral, social, and cultural (SMSC) development at the heart of our ethos. The values of British Values—such as democracy, respect for others, and individual liberty—are promoted throughout our PSHE curriculum, encouraging students to become healthy and responsible members of society. This approach also prepares them for the opportunities, responsibilities, and experiences they will encounter in later life.

Core Themes and Key Stages

The PSHE curriculum is structured around three core themes, which are explored at different stages of a child's development:

- **Health and Wellbeing:** Helping children understand how to look after themselves physically and mentally.
- **Relationships:** Teaching children how to form healthy, positive relationships with others.
- **Living in the Wider World:** Supporting pupils to understand their role within society and the world beyond school.

At each key stage, learning is age-appropriate and ensures that children are developing in ways that match their maturity.

PSHE and RSE in EYFS (Early Years Foundation Stage)

In the Early Years Foundation Stage (EYFS), children begin to develop the fundamental skills for PSHE, with a focus on their personal, social, and emotional development (PSED). The key areas of learning in EYFS include:

- **Self-regulation:** Encouraging children to manage their emotions and develop a sense of self-control.
- **Building Relationships:** Fostering positive interactions and friendships, helping children to understand and respect others.
- **Managing Feelings and Behaviour:** Supporting children to understand appropriate behaviour and how to express their feelings in a healthy way.

In EYFS, children also start to explore the basics of health and well-being, including hygiene, physical activity, and learning about healthy foods.

Supporting Children with SEND

We recognize that children with Special Educational Needs and Disabilities (SEND) may require additional support. To cater to these students, we use the PSHE Association Planning Framework, which provides a comprehensive programme that covers both statutory and non-statutory content. A key component of this framework is the "The World I Live In" section, which covers important aspects of PSHE, such as careers, economic well-being, personal safety, and preparing for adulthood.

This curriculum approach ensures that children with SEND are supported at different levels of independence and are provided with the tools they need for future success.

Parental Involvement

We believe that the partnership between home and school is crucial for supporting children's development. We encourage parents to engage with their children about the topics covered in PSHE and RSE lessons, as open communication helps reinforce the learning at school and at home. We also provide resources and advice for parents to support their children's understanding of relationships, well-being, and growing up.

As part of our commitment to transparency, we offer opportunities for parents to review the PSHE and RSE curriculum, as well as to attend information sessions where we can discuss the content in more detail and answer any questions you may have.

What You Can Expect from Our Relationships Program

Age-appropriate content: We ensure that all content is tailored to the developmental needs of each age group, ensuring students are equipped with the knowledge and skills they need at the right time.

A focus on positive relationships: RSE is about more than just the physical aspects of growing up. It emphasizes the importance of kindness, respect, and healthy communication.

Respect for diversity: We teach children to appreciate and respect the diverse range of relationships and family structures that exist in our society.

How Can You Support Your Child's Learning?

Start conversations at home: Discuss what your child has learned in PSHE and RSE lessons and encourage open, honest dialogue.

Reinforce key messages: Support your child in applying what they've learned, particularly when it comes to managing relationships, emotions, and well-being.

Stay informed: Keep an eye on communications from the school regarding upcoming topics.

We Are Here to Help

If you have any questions about the PSHE or RSE curriculum, or if you would like to discuss any concerns, please don't hesitate to get in touch with our team. We are happy to provide further information and work together with you to ensure that your child has a positive and enriching experience.