



Eden Primary Curriculum: Personal, Social and Health education (PSHE)

Intent

Our intention at Eden Primary is that when children leave our community they do so with the knowledge, understanding, emotions and skills to be able to play an active role in today's society. The curriculum will equip children for life after Eden, in both Secondary School and the real world.

Our school values: excellence, responsibility, respect, community and creativity, underpin our PSHE curriculum. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. The PSHE curriculum is engaging and provides opportunities to spark interest, passion, and curiosity from pupils.

PSHE is taught in a variety of ways and can be integrated into subjects such as Jewish Education, Computing, Maths or Writing. The topics covered provide the opportunity for a variety of teaching and working methods. Lessons could be facilitated through discussion, debate, mindfulness, play or sport for example. All these different methods provide different skills and experiences, for pupils to engage with. Through these lessons children will understand their rights and responsibilities. The classroom community will mean pupils are engaged, respectful, and to sometimes have challenging conversations.

We foster and encourage resilience, determination, respect and independence. This happens through learning and discussing about our own mental and physical health, social awareness and respect. All pupils will be confident thinkers and to face challenges in a confident and reflective way.

The curriculum will support children in understanding who they truly are and give them the skills and a sense of belonging to go out and flourish in this ever-changing world. Currently at Eden Primary we follow the **Barnet Schools Wellbeing Programme - Emotional Wellbeing and PSHE Framework for Primary Schools**. There are three key themes covered across Key Stage 1 and 2 which are outlined below. In Key Stage 2 we also use the **Heads Up programme** from PaJes. This programme supports children to get on better with each other, manage their emotions, and work on self esteem and positive thinking. Each year of our whole school and Heads Up curriculum builds on the knowledge and experiences of previous years. In 2022 we have now also implemented **Zones of Regulation** across the school. These short lessons each week support children in regulating our feelings, energy and sensory needs to meet different situations.

<p>Core Theme One: Health and Wellbeing Physical wellbeing Mental health Ourselves, growing and changing Keeping safe Drugs, alcohol and tobacco.</p>	<p>Core Theme Two: Relationships Families and close positive relationships Friendships Managing hurtful behaviour and bullying Safe relationships Respecting self and others</p>
<p>Core Theme Three: Living in the Wider World Shared responsibilities Communities Media literacy and digital resilience Economic wellbeing: Money Economic wellbeing: Aspiration, work and career</p>	<p>In addition to the Relationships theme at Eden Primary for Relationships and Sex Education we use Teaching SRE with Confidence, this is very comprehensive and provides support, guidance, plans and resources.</p>

Implementation

At Eden Primary our PSHE curriculum is planned specifically for each year group. Through using the Barnet Schools Wellbeing Programme, each class carefully plans the units around the themes covered throughout their curriculum.

To ensure consistency and high standards of teaching, our PSHE lead teacher works closely with class teachers, offering support and resources whilst also completing regular monitoring of books and planning. Over the past couple of years, we have worked hard to ensure our curriculum is personalised to our school, reflects our values and engages with current issues in society. As a result we have created a PSHE curriculum that is relevant to our school, the community and most importantly our children.

At the beginning of each academic year the class teachers put together their Long Term plans for the year. These show clearly what PSHE topics are being taught when. This means that teachers are able to ensure their modules are taught effectively ensuring that children get the most out of their learning. For example, in Nitzanim (Year 4), Personal Safety is taught in the first half term as this is when the class go swimming. This ensures that children can be prepared for any instances or dangers they may come across whilst regularly away from school.

Anti-bullying week, Internet Safety and Black History Month, to name a few, are whole school experiences and topics. These are beneficial times when the school community come together to learn or celebrate together and from each other.

Each half term, teachers plan a Medium Term Plan which shows the PSHE curriculum in more depth. It will also show where [links are made to other areas of the whole school curriculum](#), including Science, Computing, Religious Education and PE. Connections to the SMSC curriculum are made and opportunities outdoor learning are planned.

Our PSHE education provides opportunities for our children to develop their ability to be mindful, respectful, believe in themselves and ultimately, be mentsches out in society.

Impact

The impact of our PSHE education curriculum is measured through both quantitative and qualitative data. Class teachers [assess and make accurate judgements](#) about children's attainment of skills and knowledge and track their progress. This information informs our teaching and highlights the next steps for the children and areas that require consolidation. Planning is then updated and modified for each class. Pupil Voice feedback is also an important element of assessing the impact of our PSHE education. Representatives from each year group are asked on a termly basis questions such as: What PSHE have you done this term? How were the lessons taught? What are three things you have learned? Surveys about anti-bullying are carried out and opportunities for peer and leadership responsibilities are provided.

Alongside this assessment we carry out work scrutinies, lesson observations and learning walks. These provide the coordinator with valuable insight and information regarding the curriculum and staff development.

These methods of assessment allow us to judge the quality of our curriculum. We are able to work on evolving the content and delivery and ensure that our children are fully equipped to play an active role in today's society whilst at Eden and beyond.

PSHE long term plan

Core Themes:	Core Theme 1: Health and Wellbeing		Core Theme 2: Relationships		Core Theme 3: Living in the wider world	
Strands:	Physical	Sex and Relationships	Social	Emotional	Economic Wellbeing	Being a Responsible Citizen
Yr 1	Keeping safe and healthy	Growing and Caring for Ourselves	Beginning to understand me and others	Knowing what to do	Learning about Money	Taking Part and Belonging
	Zones of Regulation					
Yr 2	Keeping myself healthy	Differences	Others and me in my class	Developing Confidence	Keeping Money Safe	Rights and Responsibilities
	Zones of Regulation					
Yr 3	Safe and healthy at home, school and locally	Valuing differences and keeping safe	Supporting friends and other people	More about me	Let's Go Shopping	Diversity and Society
	Heads Up Programme Having the opportunity to think about feelings. Exploring friendships and communication.					
	Zones of Regulation					
Yr 4	Helping others to keep safe	Growing Up	Who are these people?	Taking more control	Work and Money	The Environment
	Heads Up Programme Building on and consolidating year 3 programme. Providing opportunities to work collaboratively.					
	Zones of Regulation					
Yr 5	Drug Education	Changes at Puberty	Being strong	Moving on with confidence and clarity	Let's Make Money	The Media
	Heads Up Programme Being a Community; Thoughts, feelings and how we work together.					
	Zones of Regulation					

Yr 6	Safe and healthy in the future	Relationships and Reproduction	Me and my place in the world	Celebrate the past and welcome the future	Money in my Future	Democracy and Government
	Heads Up Programme To be aware of our own emotions and friendships. Preparing for transitions.					
	Zones of Regulation					