

PSHE



RSHE

PSHE: Personal, Social, and Health Education

RSE: Relationships, Sex and Health Education.

Our vision: To prepare children to be informed and respectful members of society now and into their future adult life.

Sebert Wood teaches the values of showing respect for others in the modern world we live in. We will teach pupils how to be healthy and keep safe both emotionally and physically. This will also include teaching about online safety and how they can communicate to adults when they feel unsafe, both online and in person.

Pupils will learn about British values and the laws that are designed to keep them safe. That adults in school will listen to their experiences in a professional way. That pupils are taught PSHE and RSE sensitively, taking into consideration their age and emotional development.



Why is it important?

PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem. It enables them to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings - developing an understanding of themselves, empathy and the ability to work with others. It helps pupils to form and maintain positive relationships, develop the essential skills for future employability and better enjoy and manage their lives. RSHE helps pupils learn how to keep their changing bodies healthy, to understand the importance of safe relationships and how to communicate when they feel unsafe. That mental health is just as important as physical health.

What do our pupils say?

“I like talking about my family and things we do together.”

“I know teachers will listen to my ideas.”

“We learnt how voting works, when we picked someone for the school council.”

“Laws are like rules everyone has to follow, or the police come.”

“We helped charities on Poppy Day and Children in need when Pudsey came.”

What does it look like at Sebert Wood School?

The curriculum is based on the Programme of Study from Cambridgeshire PSHE Service. Each year group will focus on key values, skills and knowledge, from the Programme of Work. These will be repeated in future year groups but in greater depth. These lessons will be at a suitable level for the age and emotional development of the class.

Pupils will have the opportunity to discuss their ideas in a safe environment, without prejudice for disability, gender identity, sexual orientation, nationality, religion or culture.