

PSHE Intent

Our Vision & Rationale

At St. Mark's, our primary aim is for all students to develop an understanding of the ever changing world in which we live, develop the skills necessary to take an active role in their community and manage their life effectively, keeping themselves healthy and safe, being prepared for life and work. Our curriculum encourages students to understand and have the confidence to make informed decisions relating to relationships, healthy lifestyles, staying safe and economic wellbeing. Personal, Social, Health Education is central to our curriculum and runs predominantly through our worship; it helps children grow and develop as individuals and as members of families and communities. At St Mark's, we put character before qualification, developing every child throughout our PSHE curriculum. Our real hope is that in all that we do, we are able to put in firm foundations for our children, thereby making a difference to themselves, to their friends and family, and to the wider community- both now and in the future.

The emotional health of our pupils is paramount. As part of their character development, we want our pupils to be emotionally intelligent, resilient and actively empathetic and so we are using HeartSmart in PSHE to help our children understand and live out what we believe are excellent principles and practices for growing healthy hearts and minds. It is a creative way of enabling children to adopt a growth mindset whilst maintaining a healthy emotional epicentre. Unsurprisingly, the High Five statements closely match our school's Christian values and eight learning behaviours as it's taught across the school.

A safe, responsible and respectful citizen...

shows respect to their environment and the people within it, demonstrating tolerance of all	takes risks and is willing to step out of their comfort zone to achieve something	takes responsibility for themselves, their friends, family and community, demonstrating integrity	can work well in a team demonstrating respect and communicating effectively	is resilient when faced with a challenge, finding strategies to overcome adversity in their lives	takes pride in the way their conduct themselves personally and professionally	is creative in their thinking, drawing upon their imagination	demonstrates curiosity in the world, showing a desire to learn and understand others and new ideas
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These learning behaviours are particularly helpful in becoming a safe, responsible and respectful citizen:				
				

Access for all and Inclusion for all

Children with SEND will be included in all HeartSmart and PSHE lessons. It is suggested that these children can be supported by maintaining an inclusive learning environment, applying multi-sensory approaches, including information and communication technology, working with additional adults, managing peer relationships, including additional adult-pupil communication and using assessment for learning to identify gaps in knowledge or emotional maturity. Teachers are encouraged to adapt their approaches to lessons in line with the needs of the children being taught.

Learning about difference and diversity is a key part of the PSHE curriculum at St. Mark's. The lessons will be used to allow young children to encounter diversity and enable children to ask questions. We encourage pupils to take responsible action, consider social and moral dilemmas and issues, express, explain and justify their views and develop understanding of, and respect for, themselves and others.

Purpose of study

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and happy and prepare them for life and work in modern Britain.



What does PSHE look like at St. Mark's?

We have invested in the HeartSmart programme in order to deliver our PSHE curriculum. The HeartSmart principles are broken down into 5 areas - Don't Forget to Let Love In, Too Much Selfie Isn't Healthy, Don't Hold Onto What's Wrong, Fake is a Mistake, No Way Through Isn't True with an introductory unit (Get HeartSmart). All PSHE Association and RSE objectives have been cross referenced with the HeartSmart programme to ensure full coverage. Long Term and Medium Term plans have then been produced for each group which detail additional guidance for teachers as well as additional units where objective coverage needed to be more thorough. PSHE objectives are also covered through enrichment activities (bikeability), anti-bullying weeks, additional contextual safeguarding units, weekly Natterhub lessons, Science and Computing lessons and Sex Education.

What does Contextual Safeguarding look like at St Mark's?

We have identified additional areas for our PSHE to cover in line with our local community and discussions with local police. These are outlined below and coverage within HeartSmart is signposted. These areas were identified through conversations with the local police and PCSOs, as well as our local community centre.

Anti-social Behaviour, e.g. HWCC/ Beggarwood Park & Community Centre	Year 5 to teach this as a discrete topic in PSHE (3 lessons). 2020/2021 Year 6 cohort to also use planning this year.
Parks - keeping safe and building sites	Year 2 to cover within their local Geography unit.

	Year 4 to teach this as a discrete topic in PSHE.
County Lines including Peer Pressure	<p>Year 4 cover smoking in a HeartSmart lesson (Fake Is A Mistake L6)</p> <p>Year 5 cover alcohol in a HeartSmart lesson (Fake Is A Mistake L6)</p> <p>Year 6 cover drug types in a HeartSmart lesson (Fake Is A Mistake L6). Also, through science, they cover drugs, smoking and alcohol. The children also attend the Bramley Safety Visit covering road safety and stranger danger.</p> <p>Year 6 to cover Peer Pressure as a discrete unit after SATs e.g. Just Say No</p> <p>Year 5 cover Peer Pressure (Don't Forget to Let Love In L4)</p>
Road safety, including Motorway junction and bridge	<p>Year 6 cover aspects of road safety in Bikeability.</p> <p>Our Junior Road Safety Officer Team promote road safety at least twice per year, including being aware of our motorway bridges.</p>
Our Computing curriculum covers areas such as radicalisation and the social impact of technology, helping children to be aware of these dangers of technology.	

