



PSHCE

At Holmer Green Junior School our teaching of PSHCE enables children to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing we help develop their sense of self-worth. We teach them how society is organised and governed ensuring that they experience the process of democracy in school through opportunities such as school council. While also learning to appreciate what it means to be a positive member of a diverse multicultural society in both their local community and online.

The aims of our curriculum are to enable children to:

- know and understand what constitutes a healthy lifestyle
- be aware of a range of ways to keep safe
- understand what makes good relationships with others
- develop mutual respect and support for others
- be independent and responsible members of the school community
- be positive and active members of a democratic society
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues
- talk about and be sensitive to the feelings of others
- develop good relationships with other members of the school and the wider community

Our PSHCE curriculum ensures Health and Relationship Education is covered across all year groups; covering areas such as; keeping themselves safe, managing relationships and identifying ways to stay healthy. We choose to teach elements of Sex Education from Year 4 although reproduction is not covered until Year 6. This ensures that our pupils are getting factual answers to their questions they may have rather than gaining information from a non-reliable source.

We encourage children to be curious learners and to ask questions about the world around them. They are encouraged to world issues and topics relevant to them at the time of teaching with a strong focus on how these things can impact their own mental health and wellbeing. As well as these areas we also cover more practical areas such as the chance to run community projects and participate in first aid lessons.

In addition to our timetabled PSHCE lessons, we encourage the children to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly or sports day, or involvement in an activity to help other individuals or groups less fortunate than themselves.