

Let's

Talk



Personal, Social and Health Education

Westlands Primary School



Swale
ACADEMIES
TRUST

Intent

The inclusion of PSHE and RSE in the primary school curriculum is vital to supporting our children and their needs as they grow and develop. In our school a mindful approach to PSHE is used and is a progressive and spiral scheme of learning. Through careful planning the lessons, it is ensured that learning from previous years is revisited and extended as well as adding new concepts, knowledge and skills, year on year as appropriate.

PSHE and RSE holds children at its heart, and its cohesive vision helps them to understand and value how they fit into and contribute to the world. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health within a whole-school approach. The lessons also include mindfulness allowing children to advance their emotional awareness, concentration, focus and self-regulation.

Implementation

How are PSHE and RSE taught at Westlands Primary School?

Through a variety of opportunities and with the support of **Let's Talk**, PSHE and RSE are a weekly lesson taught throughout the school from Reception up to Year 6. The children are encouraged to participate in a largely speaking and listening based lesson, allowing them to explore their own thoughts and feelings on various topics, culminating in a journaling activity to review their learning.

Westlands Primary School follow the Let's Talk scheme of planning. This is a comprehensive scheme that follows a cyclical approach to planning through the use of six termly goals.

These topics are:

- Building Resilience (Term 1)
- Respectful Relationship (Term 2)
- Wellbeing (Term 3)
- Health Education (Term 4)
- Caring Friendships (Term 5)
- Wider World (Term 6)

PSHE objectives are used widely across the school to promote friendship, kindness, anti-bullying, celebrating differences, coping with changes, empathy and internet safety.

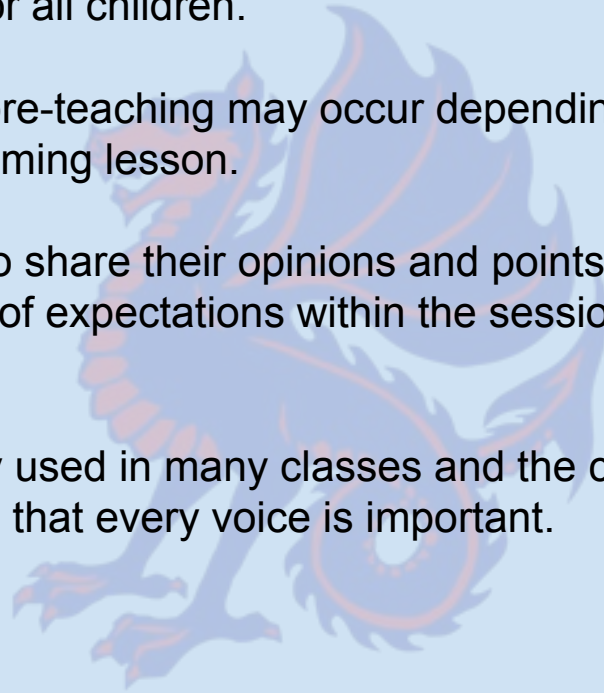
Inclusive Practice

At Westlands Primary School we ensure that our PSHE and RSE lessons are a comfortable and valuable experience for all children.

When it is felt necessary, pre-teaching may occur depending on the topic that will be discussed in the up and coming lesson.

Children are encouraged to share their opinions and points of view during all PSHE lessons, they are also made aware of expectations within the session rules, through the school values.

Talking objects are actively used in many classes and the children can find this reassuring alongside the school ethos that every voice is important.



Enrichment Activities

In PSHE we aim to provide opportunities for children to explore their learning in a more practical way. Some PSHE enrichment activities at Westlands Primary include:

- Thrive activities becoming part of everyday practice in the classroom.
- Thrive families activities.
- Thrive intervention groups
- Lunch Clubs to promote social skills
- Assemblies based on topical themes that are appropriate to class behaviour / concerns.
- SEMH interventions supported by the work of the Let's Talk curriculum.

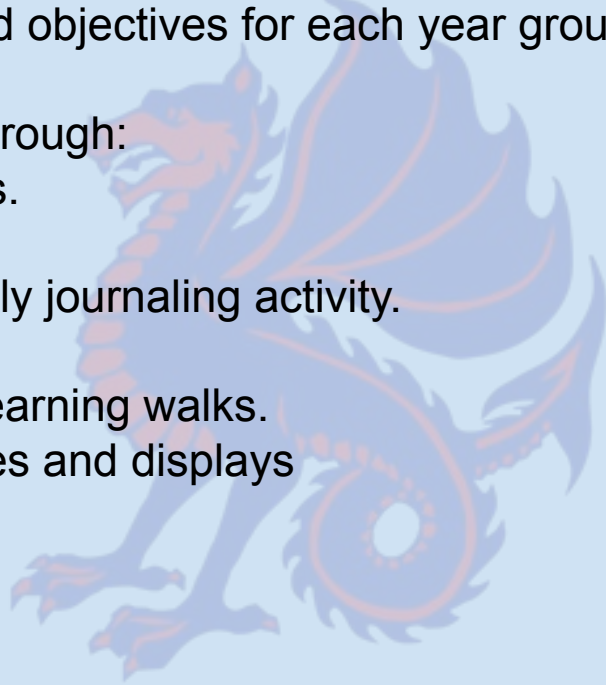
Enrichment activities often see high levels of pupil engagement in the subject and lead to high quality outcomes, as well as providing valuable and memorable experiences.

Impact

At Westlands Primary we measure children's progression in PSHE against the core curriculum skills and objectives for each year group.

This will be evidenced through:

- Discussions in class.
- Pupil conferencing.
- Completion of weekly journaling activity.
- End of term quiz.
- Observations and learning walks.
- Completed outcomes and displays



Impact



National Curriculum

PSHE and RSE are taught on a weekly basis throughout the school from EYFS to Year 6. The whole school maintain the focus of one theme for a whole term and all lessons are based around this concept, building on knowledge as the lessons progress.

Link to National Curriculum Coverage -

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

progression documents

https://drive.google.com/drive/folders/1mDrrCy6_LQQjXbfQzhwF5JYfKTuQxhAi?usp=drive_link

