



**EARL STERNDALE CE PRIMARY SCHOOL**  
**EARL STERNDALE**  
**BUXTON**  
**DERBYSHIRE**  
**SK17 0BS**  
Headteacher: Mr D Holden

Email: [info@earlsterndale.derbyshire.sch.uk](mailto:info@earlsterndale.derbyshire.sch.uk) Website: [www.earlsterndaleschool.co.uk](http://www.earlsterndaleschool.co.uk) Tel 01298 83263

# PSHE & RHE

(Personal, Social and Health Education, including Relationships and Health Education)



## Introduction

At Earl Sterndale CE Primary School we believe PSHE is vital in a child's education and we aim to provide high quality PSHE through explicit lessons and 'in the moment' teaching and discussions as needs arise.

## Intent

Our PSHE curriculum has been built with the aim to **nurture** the development of the 'whole child' so that children develop the ability to tackle the moral, social and cultural issues that come hand in hand with living in our modern world.

We aim to **ignite** their curiosity and for them to learn about rights and responsibilities, explore their own needs, beliefs and values and appreciate differences in others. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. We aim to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child so that they know more, remember more and understand more. PSHE & RSE helps our children to develop the knowledge, skills and attributes they need to keep themselves healthy, safe and prepared for life and work. Children are encouraged to develop a balanced approach to life, learning and develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

## Implementation

Our whole school approach to the PSHE curriculum is based around the Derbyshire County Council's 'PSHE Matters' framework with the NC programme of study at the core.

PSHE Matters is our scheme which guides our planning and teaching. The learning modules for EYFS includes the Early Learning Goals (ELG) taken from the statutory framework as well as guidance from Development Matters. PSHE activities may be delivered at the same time if topics align with Y1&2 or we may integrate PSHE learning opportunities with a current topic or focus.

It follows twelve modules taught over a two-year period, each with appropriate content for each Key Stage.

Due to our mixed age classes our curriculum for the other year groups is covered by two cycles over 2 years, ensuring that all modules are considered and children have access to a broad and comprehensive PSHE curriculum. It is taught in class groups in regular weekly sessions throughout the year, so that children can revisit and build on their learning. This structure allows children to develop a depth of understanding as well as enabling them to retain the knowledge through consolidation and progression.

Modules are delivered using the outlines in the PSHE Matters guidance as well as supported through other resources. The topics covered are: Drug Education, Growing Up, Changes, Being Me, Money Matters, Being Safe, Difference and Diversity, Bullying Matters, Relationships, Being Responsible, Being Healthy and Exploring Emotions.

We also include 'Special Days' to supplement the children's learning, including: Children in Need, Red Nose Day, Anti-Bullying Day and Internet Safety.

Children in the infants also get to experience Forest School.

This outdoor learning environment is child-centred learning with a focus on play, exploration and supported risk-taking. Encouraging children to learn through hands-on experiential learning in a natural setting helps to develop their confidence and self-esteem. We see this as a central part of our PSHE delivery.

## **Impact**

Through the PSHE Matters curriculum, we enhance children's education and help them to become caring, respectful, responsible and confident individuals and citizens.

Children will have the knowledge of how to develop their positive self-esteem, self-awareness and make informed choices and decisions, applying their skills and attributes to help navigate themselves through modern life.

Children will appreciate difference and diversity, recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.

They will be able to understand and manage their emotions and look after their mental health and well-being.

Children will be able to develop positive, healthy relationship with their peers both now and in the future and understand the physical aspects involved in RSE at an age appropriate level.

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
EYFS	Being Safe	Bullying Matters	Diversity Matters	Drug Education	Money Matters	Relationships
Year A Y1 / Y2	Drug Education	Exploring Emotions	Being Healthy	Changes	Being Safe	Growing Up
Year B Y1 / Y2	Bullying Matters	Being Me	Difference and Diversity	Being Responsible	Money Matters	Relationships
Year A Y3 – Y6	Drug Education	Exploring Emotions	Being Healthy	Changes	Being Safe	Growing Up / Relationships
Year B Y3 – Y6	Bullying Matters	Being Me	Difference and Diversity	Being Responsible	Money Matters	Relationships / Growing Up

## Useful websites

[Relationships and sex education \(RSE\) and health education - GOV.UK \(www.gov.uk\)](#)

[RSHE Principles and Charter 0.pdf \(churchofengland.org\)](#)

Support on a range of topics including anxiety, stress, families and relationships:

[Childline | Childline](#)

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

[Help With Bullying \(kidscape.org.uk\)](#)

Advice on first aid:

[Get first aid advice | St John Ambulance \(sja.org.uk\)](#)

Advice and information on bullying, including cyberbullying:

[Tools & information \(anti-bullyingalliance.org.uk\)](#)

Mental health and well-being:

[Families - Children's Mental Health Week](#)

[\(childrensmentalhealthweek.org.uk\)](#)

[Make it Count: Guide for parents and carers | Mental Health Foundation](#)

[Make it Count: Guide for pupils | Mental Health Foundation](#)

[Help With How I'm Feeling | Mental Health Advice | YoungMinds | YoungMinds](#)

Helping children stay safe online:

[Parents and Carers - UK Safer Internet Centre](#)

Helping children to learn about money:

[Money Games and Online Financial Resources | MoneySense \(mymoneysense.com\)](#)