

PSHEE ~ Personal, Social, Health and Economic Education

Whilst PSHEE is typically considered a 'foundation' subject, with statutory and recommended elements, here at Thurlow, we consider PSHEE to be as important as 'core' subjects like English, Maths and Science.

This is because PSHEE is the school subject through which our pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It is through the core themes of Health and Wellbeing, Relationships and Living in the Wider World, PSHEE supports our pupils to be healthy, safe and prepared to make the most of life and work.

We utilise the government recommended framework and resources from the PSHE Association, which is the national body for personal, social, health and economic education and enrich our curriculum further with learning and resources from The Children's Health Project. The latter has a holistic approach to physical and mental wellbeing, focusing on learning linked to mindset, nutrition, lifestyle and movement which is integrated into the programme the children follow.

We further enhance our customised PSHEE curriculum, incorporating additions linked to particular priorities, for example, the recently introduced the 'Zones of Regulation' to support our Federation priority for building our children's capacity to regulate their feelings, energy and sensory needs so they can be successful socially, whatever the demands of the situation.

We also make additions and adjustments in response to class and pupil needs, incorporate pertinent local and world events, as they occur and include supplementary enhancements, for example, parliamentary week so the children learn about, understand and experience democracy. We incorporate resources from the NSPCC, to support the children's understanding of personal safety and work with people like Annie and Sue from OM Health Consultancy to support the holistic elements of this subject area.

All these elements contribute to supporting and positively encouraging wellbeing so our pupils achieve their full potential personally and academically.

This subject supports the establishment of routines, helps found the sense of family, community and safety so children learn effectively. It is a subject in which relationships are formed and built upon, it is a space for dealing with worries and uncomfortable feelings.

We frequently use stories, pictures, puppets, scenarios and video clips as discussion stimuli to provide ways to explore sensitive issues in an objective way.

In more general terms (and in no particular order) our PSHEE supports learning under the following headings:

HEALTHY AND UNHEALTHY RELATIONSHIPS	What it means to be a friend, knowing our special people and what makes them special, knowing about how to give and receive permission to do things (consent), recognising positive and healthy relationships, knowing when people are being unkind or hurtful, challenging teasing and bullying, difference between off line and online relationships.
MONEY	Money, how to keep it safe, choices we have about how we spend money, how we can save money, knowing what the difference is between a want and a need, how we can use money to help others.
RIGHTS AND RESPONSIBILITIES	Exploring differences and similarities between people, belonging to different groups, recognising stereotypes, rules we have to follow and responsibilities we have.
TAKING CARE OF OUR HEALTH	Taking care of our bodies and our minds, smoking and alcohol, how medicines and drugs can help us, healthy food choices, physical exercise, sleep and rest, taking care of our skin and teeth, germs and diseases.
KEEPING SAFE	Online safety, first aid, recognising risks in situations, ways of taking care of ourselves, road/travel safety, knowing whom to go to when we are worried or afraid.
COMMUNICATING WITH OTHERS ONLINE	How the media can affect how we feel about ourselves and our bodies, influence of social media on friendships and relationships, attitudes and decisions, recognising the difference between things that are private and things that are public.
HURTFUL BEHAVIOUR AND ANTI-BULLYING	Knowing how to solve disagreements in a kind way, recognising that friends can put us under pressure, recognising all types of bullying and hurtful behaviour including online, knowing whom to go to when we need help with relationships both in and out of school.
VALUING DIFFERENCES AND SIMILARITIES	Celebrating how we are the same and the ways in which we are different, developing mutual respect for people who are different to us, recognising what makes people special to us and to others.
GROWING AND CHANGING	Growing older, changing emotions and feelings, changes in our bodies, taking care of our bodies and protecting them, differences and similarities between boys and girls, acceptable and unacceptable physical contact, how babies are made, different kinds of friendships and relationships, managing change e.g. to new school/leaving school.

FAMILY LIFE	<i>People who care for us, ways family and friends care for each other, how families are different, what to do if worried about something in our family, managing relationships positively in times of change.</i>
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This subject area also encompasses the statutory requirements for Relationships, Health and Sex Education. More information on this particular part of the curriculum can be found in our Relationships, Health and Sex Education Policy, which can be found here: [**HTPF RHSE POLICY 2023 2024.pdf**](#)