

## **The PSHCE Curriculum at Wingrove**

Personal, Social, Health and Citizenship Education gives pupils the knowledge, skills, understanding and strategies they need to lead confident, healthy, safe, responsible, balanced and independent lives. It encourages children to be enterprising and supports them in making effective transitions. PSHE makes a significant contribution to pupils' spiritual, moral, social and cultural development. It contributes to personal development by helping pupils to build their personal identities, confidence and self-esteem.

PSHE is a life-course which begins in the early years and is then built upon in Key Stage 1 and 2. It is in line with the current national guidance for PSHE and covers the 3 key themes: health and wellbeing, relationships and living in the wider world. PSHE is delivered by class teachers and the School Nursing team. The Programme of study is supplemented by many external contributors such as Seeds 4 Life and Change 4 Life and an assembly programme which explores important and topical health and social issues.

### **Relationships and sex Education (SRE)**

Relationships and sex education equips pupils with the knowledge, skills, understanding and strategies required to live healthy, safe, confident and independent lives. It is a lifelong learning process about the physical, moral and emotional development. It is about the understanding of the importance of marriage, civil partnerships, family life, stable and loving relationships, respect, love and care. You cannot withdraw your child from Relationships Education as it is a compulsory curriculum subject as it is important that all children receive this content, covering topics such as friendships and how to stay safe. The only sex education that we teach in school is covered by the science curriculum and includes content on human development, including reproduction, from which there is no right to withdraw.

### **Anti-Bullying**

Under our PSHCE curriculum we have a strong policy on antibullying and is taught throughout school. We challenge all kinds of bullying and the harmful language associated to it in a positive way so that children understand that it is wrong and harmful without feeling judged. We are a school that challenges all kinds of bullying including islamophobia, homophobia, transphobia and bi-phobia.

**Further information** – the PSHCE education programme is co-ordinated by Mrs Beth Reynolds. If parents would like further information on the programme, including resources, they should contact the office on the school number. Our school nurse is Rachael James. If you would like further information on her contribution to the PSHCE programme, you can contact her on 0191 282 3263