

PSHE

Our intention at Hillside Junior is to enable and equip children with knowledge, understanding, skills, attitude and emotions to be able to play an active, positive and successful role in today's diverse society. This will help them to understand themselves and how to navigate in the wider world.

At our school, we deliver a PSHE curriculum which is accessible to all that will maximise the outcomes for every child so that they are equipped to lead a successful life within, and beyond, Hillside Junior School.

PSHE provides a vital role in promoting and supporting our core school values, The 6 RS: Respect, Responsibility, Relationships, Resilience, Resourcefulness and Reflection. We aim to promote pupil's self-esteem and confidence so they can make positive, informed decisions, celebrate diversity and individuality and have the ability to maintain good health and mental well-being. This will lead to a positive impact in other areas of academic attainment.

We provide our children with opportunities to learn about school and British Values as well as rights and responsibilities. Children are taught strategies for self-care, emotional regulation and where they can go for help and support. Our children are also encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

We incorporate a range of resources and utilise an adapted PSHE Scheme of Work, SCARF, in order to equip pupils with a sound understanding of the knowledge and skills necessary to make safe and informed decisions. This is delivered in a sequential manner; building on prior learning and preparing for future learning.

As a result of this, our children will have developed their knowledge and skills so they can be healthy, independent and responsible members of society who understand how they are developing personally and socially, and who have the confidence to tackle many of the moral, social and cultural issues that are part of growing up.

Scheme of Work

The following Units are taught using the Coram Life Education SCARF Resources:

Being My Best

How to set goals and develop positive strategies to help them achieve their potential, through a growth mindset approach. They'll also learn about taking care of themselves, physically and mentally – including healthy eating, sleep routines and managing screen time.

Valuing Difference

Children will be celebrating our differences by exploring what we have in common with others, what makes us different, and the positive things about this. They will think about the positive difference that respect and kindness - both face-to-face and online - can make to every one of us.

Keeping Myself Safe

Exploring the different ways they can keep themselves safe, including online. They'll be learning skills in assertiveness, recognising the influence of friends, and also how to think critically about the decisions they can make to help themselves manage risks safely.

Rights and Responsibilities

Learning about how they can help to look after the environment. They'll also be thinking about how to manage money (economic education) and the changing rights and responsibilities they have as they grow older.

Relationships

Exploring the skills needed for successful friendships and teamwork. They'll also be thinking about people who are special to them and who they can turn to for help, when needed.

Growing and Changing

The physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Reflecting on our ever-evolving relationships with others.

SEND

To ensure all of our children with Special Educational Needs can access PSHE, our teachers use adaptive teaching approaches which allow all children to learn the necessary knowledge and develop a range of skills. This can take many different forms such as pre-teaching concepts, providing additional 1:1 support or implementing 'scaffolds'.