

PSHRE Rationale

'A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on its own wings. Always believe in yourself.'

- Learning Station Music.

This is the mindset we want the pupils to adopt and therefore why our curriculum is tailored to reflect these needs.

PSHE (Personal, Social, Health and Economic Education) & Careers are an integral part of the school ethos in creating well rounded individuals who are prepared for the wider world. It is our job as educators to enable children to achieve their full potential both whilst under our care and preparing them for beyond too be establishing or strengthening the skills our pupils require for this. In Relationships and Sex Education (RSE), we aim to give our children the knowledge and understanding they need in an everchanging world, on and offline, which can present exciting challenges but also risks to be understood and managed.

A DfE review into PSHE found that a well-established curriculum improved attitudes to health, being able to deal with personal difficulties and improved behaviour. In support of this, the Primary Years Programme suggests people need to prioritise their relationships to build a strong community which allows them to flourish, thrive and achieve their aspirations. All of these skills are fundamental to the young people at The Cavendish School and therefore this is what our curriculum encapsulates.

Developing Key Skills and Knowledge through Participation in PSHE

PSHE and RSE is an area in which the pupils can develop their skills to allow them to be more successful at accessing other subject areas. In the primary years the students learn the fundamental skills and finish the primary stages with a solid foundation in preparation to build upon as they move into the secondary years. These areas include a large amount of self-reflection to ensure they are individuals who are a positive model within society.

It does this by focusing on six key areas of development self-awareness, self-care, support and safety, managing feelings, the world I live in, changing and growing and healthy lifestyles. These are further grouped into three main areas, which are taken from the International Baccalaureate; identity, active living and interactions. However these are not to be taught as explicit entities for example teaching around Identity focuses on children understanding how their beliefs, values and experiences shape them as individuals, and how we should deal with changing situations and emotions.

School priorities and vision

The school's motto 'enabling the self' and ethos which empowers the students to flourish, thrive be independent and have high aspirations of themselves, is reflected perfectly in the PSHE curriculum.

The PSHE/RSE curriculum is designed to incorporate all aspects of our IB learning statements in order to create well rounded students. At the end of their school journey, our students will be:



- ∞ **Knowledgeable** about the wider world to ensure they are safe and contribute to the community in a positive manner.
- ∞ Well rounded individuals who feel a **moral imperative** to support their local and wider communities.
- ∞ **Reflective** about their actions and how these may impact those around them.
- ∞ Able to **celebrate the difference** in cultures and societies around the world, learning that diversity is key to understanding the world around them, including their community.
- ∞ **Caring** towards each other and those less fortunate, whatever their back grounds.
- ∞ Able to **communicate** their ideas with growing confidence and understanding.
- ∞ **Balanced** in their opinions of other cultures and societies, being able to see positives and negatives in the events that are taught.
- ∞ **Courageous** individuals who feel ready to tackle the world and have the confidence to seek employment opportunities where suitable.
- ∞ **Inquiring**, we want pupils to be curious learners who want to know about the world around them and how they can make positive contributions.