



PSHE and RSE curriculum statement

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we can fear less.” Marie Curie

Intent

Boston West Academy is committed to providing a high-quality education to prepare our children for the best start in modern Britain. Our PSHE curriculum underpins our core school values of care, collaboration, attitude, respect and equality. It is important that every child has access to our PSHE curriculum to ensure they understand how to manage their personal, social and academic lives. The new Relationships and Sex Education framework has been implemented in our school. This emphasises the importance of children knowing and understanding what positive relationships look like and how to form them, learn how to keep safe, how to stay physically and mentally healthy and learning about themselves.

At Boston West Academy, we ensure our children are able to do this through our PSHE curriculum, through cross-curricular links, circle time, school assemblies and in the very ethos of our school. Children need to be able to self-regulate their emotions to develop resilience, confidence and independence. We assess the needs of our children in the environment they are in and provide a tailored curriculum to support them. Issues such as obesity, domestic violence, county lines and mental and emotional wellbeing are key issues highlighted in our region and are addressed through our curriculum.

Children’s learning will significantly contribute to their personal development as set out in the Ofsted Inspection Framework and promotes the four fundamental British values which reflect life in modern Britain: democracy; rule of law; respect and tolerance and individual liberty.

Within the Early Years Foundation Stage (EYFS), PSHE falls under one of the three prime areas: Personal, Social and Emotional Development (PSED). It is crucial at this age for the children to lead healthy and happy lives and their cognitive development. It is important for the children to develop attachments to help their social skills. Through strong and supportive relationships with adults, the children are enabled to understand their own feelings and those of others. Through continuous provision, child and adult initiated learning, children learn about managing emotions, a positive sense of self, independence, confidence, cooperation, setting goals and how to look after their own physical needs and emotions. This will help them to interact with other children, learning to make good friendships and to be able to resolve any disputes in a positive way. It is essential at an early age to gain these skills to self-regulate when they grow older. By following the PSHE Association scheme, supported by KAPOW, the Key Stage 1 units allow children to develop themselves further from the foundations set in the Early Years.

Through the scheme of work and PSHE objectives it is our intention that our children will be well prepared on their journey to becoming independent, responsible and healthy members of society, preparing them with skills for living in modern Britain.

Implementation

At Boston West Academy, we use PSHE Association as our core knowledge and use KAPOW to support lessons to ensure the delivery of the curriculum is of the highest standard. It is a thematic spiral curriculum that is revisited across the years. This progressive curriculum allows us to build on the

knowledge to give our children the knowledge and skills necessary to make safe and informed decisions in the 21st century.

The PSHE Association's Programme of Study (recommended by the Department of Education) are supported by the KAPOW scheme of work which not only meet the statutory requirements but go beyond this.

Sex education has been included in line with the Department of Education recommendations and is covered in the KAPOW PSHE and RSE in year 6. Consultation for the new RSE implementation was had with all key stakeholders including governors, teachers, parents and pupils. These changes are documented on the RSE policy found on our website.

The scheme we follow supports the requirements of the Equality Act through the direct teaching, for example learning about different families, the negative effect of stereotypes and celebrating differences, in addition to the inclusion of diverse teaching resources throughout the lessons. The protected characteristics are also directly taught within year 5 and revisited in the year 6 programme of learning.

Inclusivity of SEND (Special Educational Needs and Disabilities) children, who may not be able to access the core programme of study, have a bespoke SEN (Special Educational Needs) curriculum designed by the PSHE Association.

A range of teaching and learning activities are used and are based on a good practice of teaching PSHE/RSE education to ensure that all children can access learning and make progress. Many lessons include: stories, scenarios, and video clips that provide opportunity for children to engage in real life and current topics in a safe and structured way. Role-play activities are also included to help children to play out scenarios that they may find themselves in.

There are meaningful opportunities for cross-curricular learning, with computing for online safety and science for growing, nutrition, teeth diet and lifestyle. This is also a key driver for our school as we found that in our local area, the health of teeth and diet are areas of concerns in young people.

Children need to be able to understand when and where they can go for help and guidance and at Boston West Academy, we are fortunate enough to have a full-time learning mentor who can support pupils and give guidance on how to take care of themselves. They are available to all children to access when and if they need to. This provides a constant support for children on their journey to self-regulation as these professionals can provide tailored guidance.

Our school core values (care, collaboration, attitude, respect and equality), are celebrated in our assemblies. These qualities are rewarded to children with a physical badge that is valued by every member of our school. We also introduced the weekly assembly of 'Wellbeing Wednesday' in order to connect with our students and reinforce our PSHE and school values.

Impact

This PSHE Association scheme takes a thematic approach to primary PSHE education, covering all three core themes of the Programme of Study (Health and Wellbeing; Relationships; and Living in the Wider World) over the school year. This approach allows different year groups to work on similar themes at the same time, building a spiral programme year on year.

Working together for success



Within the three core themes, the topics covered are:

- Families and friendships
- Safe relationships
- Respecting ourselves and others
- Belonging to a community
- Media literacy and digital resilience
- Money and work
- Physical health and mental wellbeing
- Growing and changing
- Keeping safe

Through having been taught the full scheme of work, children will have met the objectives set out within the Relationships and Health Education statutory guidance and can utilise their learning within their daily lives, from dealing with friendship issues to resilience, to making healthy choices and knowing where and how to get help when needed.

PSHE education at Boston West Academy, helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

Their education at Boston West Academy will help equip them with the understanding of risk and the knowledge and skills they will need to make safe and informed decisions to prepare our pupils for life in a modern Britain.

Impact is measured through both formative and summative assessment opportunities. Assessment data is collated three times a year to inform an end of year judgement which is reported to parents.

Working together for success

