

‘Shine like stars’ Philippians 2:15

All of our curriculum is designed so all children have the opportunity to grow and develop the gifts that God has given to them and to know their value and worth in His world.

PSHE Vision Statement

Intent

At **Lowdham CofE Primary School** we believe the Personal, Social, Health and Economic education prepares our children with the knowledge, social skills, and emotional literacy to become confident, resilient and empathic human beings, capable of making informed decisions. Our PSHE lessons allow the children to learn about themselves, their feelings and relationships with other people. We teach them about healthy eating, physical activity, drug education and sex and relationships. The thread throughout this teaching is to value themselves, the importance of other people, understanding how to process negative emotions through forgiveness, being truthful and knowing there is always a way through, however stuck they feel. Through the PSHE taught at Lowdham CofE Primary, we seek to inspire our children to be able to make informed decisions by thinking about themselves as well as others, to understand their feelings, values, rights and responsibilities and how they fit into their community.

Implementation

PSHE at Lowdham Primary follows the guidance of the National Curriculum and is taught through the [HeartSmart](#), scheme of work. This is a whole-school resource and begins with a collective worship to launch the theme, each year group then follows units throughout the school year, so that children can achieve depth in their learning. For each unit, teachers have identified the key knowledge, skills and vocabulary which will be covered. Each theme has been carefully planned using the **HeartSmart programme of work for each year group** to ensure children build on prior learning and make links between units. A narrative of the content of each unit and how each unit builds on prior learning is shown in the whole school overview grid.

The curriculum is split into six, half termly themes: **Get HeartSmart** (building a strong heart) **Don’t forget to let love in** (feeling valued) **Too much selfie isn’t healthy** (considering others), **Don’t rub it in, rub it out** (showing empathy and forgiveness), **Fake is a mistake** (being truthful), and **No way through isn’t true** (not giving up when facing a challenge).

At Lowdham Primary, we endeavour to encourage the children to be HeartSmart in all areas of their learning, as well as being a Lowdham Learner. For example, working together during P.E or exploring how they can too, become **Courageous Advocates** when learning about Inspirational people during R.E. or History. This enables children to always be thinking about who they are and what sort of person they would like to be. Having the confidence to ask questions, the emotional literacy to express themselves and the ability to make informed choices.

In addition to the HeartSmart scheme, our children learn about the importance of looking after their mental health, we celebrate Children’s Mental Health week and each class has a regular focus on Mindfulness with short Meditations from RelaxKids.com and Cosmic Kids Yoga.

Impact

Through the PSHE curriculum at Lowdham Primary, children will develop the emotional understanding, knowledge and social skills to help them to become confident learners with the ability to make informed choices about various aspects of their lives including the risks they take, the relationships they have and the lifestyle they choose. These attributes will develop progressively as they move through the school, not only to enable them to meet the requirements of the National Curriculum but to prepare them to become confident, resilient, empathic and socially literate as they progress through secondary school and later into adulthood.