**Discovery Multi-Academy Trust**

**PSHE Curriculum Statement**

**Quotes that guide us:**

‘It is vital that when educating our children’s brains, we do not neglect to educate their hearts.’ Dalai Lama

‘Do not judge me by my successes, judge me by how many times I fell down and got back up.’ Nelson Mandela

**Why is it important to teach PSHE? (Intent)**

The purpose of teaching PSHE is to enable children to become a healthy, happy, independent and responsible member of society. It is important not just to help children develop academically but as people. School has a huge role to play in this. PSHE aims to help children understand and explore how they are developing personally and socially. It tackles many of the moral, social and cultural issues that are part of growing up.

**Key Concepts:**

* We need to respect ourselves and others
* We need to express our views confidently, listening to and respecting the views of others
* We are aware of different types of relationships
* We are aware of our feelings and emotions and know some techniques for dealing with them
* We can identify ways to cope with new challenges
* We develop a growth mindset
* We can make choices about how to develop a healthy lifestyle

**Curriculum Design (Implementation)**

Our PSHE curriculum provides a clear and comprehensive document that will show progression of skills and knowledge across all key stages. The coverage of the PSHE curriculum is suggested by the PSHE Association, Teachers use cross-curricular links when possible.

Our PSHE curriculum gives children the opportunity to:

* Work collaboratively to explore and develop understanding of: relationships, health and well-being and living in the wider world.
* Utilise themed national initiative days to raise awareness and encage with rich experiences

**Knowledge Focused**

To ensure clear sequences of learning we use the PSHE Association question-based model of learning to plan lessons. Development and progression is ensured across each Key Stage.

**What we do well as a Trust (Impact)**

As well as discrete lessons and being taught through topics, PSHE weaves through all that we do and is at the heart of our Trust ethos and culture. For example, PSHE is regularly taught through well prepared and planned assemblies which focus on such topics as having a Growth Mindset, how to be resilient, emotional literacy, self-regulation, diversity and bullying. PSHE is also taught through whole class Circle Times and discussions and even through other means such as class novels and poetry. As a Trust we have display boards which celebrate hard work and effort. We have regular Mindfulness activities throughout the day, this includes things such as yoga, meditation, colouring and massage. The school gets involved in a variety of fundraising events throughout the year. The Trust also engages with national days such as Odd Sock Day and anti-bullying week.

The wellbeing and happiness of our children is a priority. The Trust is trauma informed and mental health aware. All staff have received TIS training and there are specially trained TIS practitioners. When appropriate 1:1 sessions are provided by staff to children who are suffering from anxiety or other mental health issues, this sometimes happens in our schools’ HUT (Helping Us Thrive) rooms. The Trust has a Relationship Policy which guides and articulates how everyone treats everyone else. Our Managing & Supporting Positive Behaviour policy compliments this policy. We also share information about PSHE topics with parents, for example things such as values discussed in assemblies are also added to the weekly newsletters.

Our children are also encouraged to develop their self-worth by contributing to school life and the wider community, for example charity events, providing community donations (Harvest festival).