

#WEARE

At NSA, we believe that PSHCE is a way of finding out about and developing the many aspects required to become a well-rounded and knowledgeable individual who can contribute positively to society and their community. In New Silksworth Academy, our PSHCE/RSE curriculum ensures pupils are given appropriate learning opportunities so they develop the skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active, responsible, and engaged citizens within an increasingly changing world.

Under the guidance issued by the DfE, from September 2020, Relationships Education at primary school has been compulsory. We believe that, to be effective, RSE should always be taught within a broader PSHCE education programme. RSE enhances and is enhanced by learning related to themes including keeping safe and managing risk, online safety, mental health and emotional wellbeing, physical health and wellbeing, careers, aspirations, financial capability and economic wellbeing, identity, society and equality, anti-bullying; keeping safe on and off line; keeping physically and mentally healthy, learning about drugs, alcohol and tobacco; and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making.

The aims of our PSHCE and RSE curriculum are to:

- Promote the spiritual, moral, cultural, mental and physical development of all pupils
- Prepare pupils for the opportunities, responsibilities and experiences of later life
- Encourage pupils to value themselves and others
- Foster an inclusive environment that forges positive relationships
- Allow pupils to acknowledge and appreciate difference and diversity
- Teach pupils how to make informed choices
- Prepare pupils to be positive and active members of a democratic society

- Teach pupils to understand what constitutes a safe and healthy lifestyle
- Provide a framework in which sensitive discussions can take place
- Promote safety in forming and maintaining relationships
- Provide pupils with a toolkit for understanding and managing their emotions
- Provide pupils with the opportunities to consider issues which may affect their own lives and/or the lives of others
- Help pupils to identify the characteristics of healthy relationships, how relationships may affect mental and physical health; and how to stay safe online
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies