



**Personal, Social and Health Education**  
**Statement**

## **PSHE**

PSHE, or personal, social, health and education, is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives. Raunds Park Infant School uses the SCARF Northants preferred scheme.

As part of a whole school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. It prepares them to manage many of the most critical opportunities, challenges and responsibilities they will face growing up in such rapidly changing and challenging times. It also helps them to connect and apply the knowledge and understanding they learn in all subjects to practical, real-life situations while helping them to feel safe and secure enough to fulfil their academic potential.

In our programmes we actively promote British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs to prepare our pupils for life in modern day Britain. Our citizenship lessons enable our pupils to understand the British democratic process and how to effect peaceful changes in society.

All our year groups have timetabled PSHE time but we encourage a cross-curricular approach to the development of PSHE skills and understanding. Class discussion or circle time is used to listen to others and to be heard with the help of class friends. Pupils learn about similarities and differences between people and cultures.

They participate in a variety of cultural events to support their understanding of others and in KS1 specifically will use planting and growing things are important aspects of our PSHE curriculum and we link this to an understanding of healthy eating.

All pupils are taught using the *SCARF* programme, This is supported by visit from the Life Education Bus.

National Curriculum PSHE programmes of Study

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe>

## **Intent**

At Raunds Park Infant School, it is our intent that all children will be lifelong learners with the confidence and ability to develop their skills and understanding when having new experiences, meeting new challenges and finding themselves in unfamiliar situations. We believe personal, social, health and economic (PSHE) education is a vital and important part of our children's education. The staff at Raunds Park Infant School work collaboratively and as role models to help our children develop into confident, happy, successful and resilient young people. Throughout we aim to equip our children with a sound understanding of risk and with the knowledge and skills to make safe and informed decisions. We share a cohesive vision to help children to understand and

value how they and others fit into and contribute to the world. We aspire to ensure PSHE is at the core of everything we do. By doing so it allows our children to blossom into confident, independent, reflective and responsible members of the ever-changing society around them. We strive to ensure children are challenged intellectually, socially, spiritually and morally. PSHE plays an important role in promoting Spiritual, Moral, Social and Cultural (SMSC) Education, incorporating British Values, which is implicit in the school ethos and is planned into all aspects of the curriculum. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

## **Implementation**

PSHE is taught weekly in discreet lessons which meet the statutory and non-statutory requirements of the National Curriculum within the three strands: Relationship Education, Health Education and Sex Education. We have a whole school approach and use a scheme of work which shows progression and continuity of learning. This scheme is called, 'SCARF' from Coram Children's Charity. Every SCARF lesson plan has links to the PSHE Association's Programme of Study recommended learning opportunities; lesson plans are organised under the PSHE Association's programmes of Study core themes and topics enabling the whole school to cover the same themes each term. Together these programmes increase awareness of the sources of help and enable pupils to develop the confidence and skills required to use them.

The aims of PSHE and SCARF are to provide children with:

- accurate and relevant knowledge
- opportunities to create personal understanding
- opportunities to explore and challenge a range of values, attitudes, beliefs, rights and responsibilities
- a range of skills and strategies to live a healthy, safe, fulfilling, responsible and balanced life.

The units of work are set out half termly and link closely with safeguarding, the school ethos, British values, rights and responsibilities, and growth mind-sets so that the children have depth and breadth within this area of the curriculum.

## **Impact**

Our curriculum ensures that all our children become engaged, active and responsible citizens who recognise and value their contribution to society. They gain a perspective of themselves as both local and global citizens. Our school values and PSHE programme

are vital in promoting happiness and well-being so that our children can excel in all aspects of school life and indeed life in general. Through our curriculum we believe we are preparing our children for the next stage in their education as well as preparing them ultimately for the adult world.

## Curriculum Overview

Reception		
<b>Me and My Relationships</b>  <b>Lesson Plans</b> All about me What makes me special Me and my special people Who can help me? My feelings My feelings (2)	<b>Valuing Difference</b>  <b>Lesson Plans</b> I'm special, you're special Same and different Same and different families Same and different homes I am caring I am a friend	<b>Keeping Safe</b>  <b>Lesson Plans</b> What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe
<b>Rights and Respect</b>  <b>Lesson Plans</b> Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe	<b>Being my Best</b>  <b>Lesson Plans</b> Bouncing back when things go wrong Yes, I can! Healthy eating My healthy mind Move your body A good night's sleep	<b>Growing and Changing</b>  <b>Lesson Plans</b> Seasons Life stages - plants, animals, humans Life Stages: Human life stage - who will I be? Where do babies come from? Getting bigger Me and my body - girls and boys

  

Y1		
<b>Me and My Relationships</b>  <b>Lesson Plans</b> Why we have classroom rules How are you listening? Thinking about feelings Our feelings Feelings and bodies Good friends  <b>Assessment Plans</b> Me and My Relationships - Pre and Post Unit Assessment: Y1/P2	<b>Valuing Difference</b>  <b>Lesson Plans</b> Same or different? Unkind, tease or bully? Harold's school rules It's not fair! Who are our special people? Our special people balloons  <b>Assessment Plans</b> Valuing Difference - Pre and Post Unit Assessment: Y1/P2	<b>Keeping Safe</b>  <b>Lesson Plans</b> Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey  <b>Assessment Plans</b> Keeping Safe - Pre and Post Unit Assessment: Y1/P2

Rights and Respect	Being my Best	Growing and Changing
<b>Lesson Plans</b> Harold has a bad day Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid  <b>Assessment Plans</b> Rights and Respect - Pre and Post Unit Assessment: Y1/P2	<b>Lesson Plans</b> I can eat a rainbow Eat well Harold's wash and brush up Catch it! Bin it! Kill it! Harold learns to ride his bike Pass on the praise! Inside my wonderful body! (OPTIONAL)  <b>Assessment Plans</b> Being My Best - Pre and Post Unit Assessment: Y1/P2	<b>Lesson Plans</b> Healthy me Then and now Taking care of a baby Who can help? (2) Surprises and secrets Keeping privates private  <b>Assessment Plans</b> Growing and Changing - Pre and Post Unit Assessment: Y1/P2
Additional plans	SCARF at Home	
<b>Lesson Plans</b> Additional resources library	<b>Lesson Plans</b> SCARF at Home - home activities to embed SCARF values	

## Y2

Me and My Relationships	Valuing Difference	Keeping Safe
<b>Lesson Plans</b> Our ideal classroom (1) Our ideal classroom (2) (OPTIONAL) How are you feeling today? Let's all be happy! Being a good friend Types of bullying Don't do that! Bullying or teasing? (OPTIONAL)  <b>Assessment Plans</b> Me and My Relationships - Pre and Post Unit Assessment: Y2/P3	<b>Lesson Plans</b> What makes us who we are? My special people How do we make others feel? When someone is feeling left out An act of kindness Solve the problem  <b>Assessment Plans</b> Valuing Difference - Pre and Post Unit Assessment: Y2/P3	<b>Lesson Plans</b> Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?  <b>Assessment Plans</b> Keeping Safe - Pre and Post Unit Assessment: Y2/P3

Rights and Respect	Being my Best	Growing and Changing
<b>Lesson Plans</b> Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something special Harold goes camping (OPTIONAL) How can we look after our environment?  <b>Assessment Plans</b> Rights and Respect - Pre and Post Unit Assessment: Y2/P3	<b>Lesson Plans</b> You can do it! My day Harold's postcard - helping us to keep clean and healthy Harold's bathroom What does my body do? My body needs... (OPTIONAL) Basic first aid  <b>Assessment Plans</b> Being My Best - Pre and Post Unit Assessment: Y2/P3	<b>Lesson Plans</b> A helping hand Sam moves away Haven't you grown! My body, your body Respecting privacy Some secrets should never be kept  <b>Assessment Plans</b> Growing and Changing - Pre and Post Unit Assessment: Y2/P3
Additional plans	SCARF at Home	
<b>Lesson Plans</b> Additional resources library	<b>Lesson Plans</b> SCARF at Home - home activities to embed SCARF values	

## What is SCARF?

SCARF – Safety, Caring, Achievement, Resilience, Friendship

SCARF's whole-school approach supports primary schools in promoting positive behaviour, mental health, wellbeing, resilience and achievement – **giving you everything you need to meet the new Relationships Education and Health Education statutory requirements**. More than just a PSHE scheme of work, **SCARF supports great learning every day**. SCARF represents our values for children of Safety, Caring, Achievement, Resilience and Friendship.

Meeting all DfE requirements for statutory Relationships and Health Education, and mapped to the PSHE Association's Programme of Study, SCARF is a framework consisting of lesson plans, online planning, assessment and Ofsted tools to give busy teachers skills and confidence to embed a comprehensive Relationships and Health Education, PSHE Education and Wellbeing programme throughout the primary years. SCARF is a whole-school approach to promoting behaviour, safety, achievement and wellbeing. [Find out about SCARF](#).

## What children experience

Alongside SCARF lessons, our trained educators deliver fun, engaging and memorable PSHE Education workshops to children. During these workshops, children meet Harold, the giraffe puppet ('Healthy Harold') and friends, have discussions and watch short films about healthy eating, drugs – legal and illegal – and their effects, the body and how it works, friendships and their influence, and how choices and behaviours can affect children's health and education outcomes. Coram Life Education's work includes challenging social norms – misperceptions of peers' engagement with risky behaviour – to engender more positive behaviours.

Coram Life Education helps schools fulfil their statutory requirements for Relationships and Health Education, children's Spiritual, Moral, Social and Cultural development, and Ofsted inspection criteria for personal development, behaviour and welfare.

Recognising the role of the community and home life in influencing children's choices, we design our programme with schools and offer sessions and resources for parents and carers to enhance further children's wellbeing.