

## PSHE at Westbridge Academy

At Westbridge Academy, Personal, Social and Health Education (PSHE) enables our children to become healthy, independent and responsible members of society. The intent of our PSHE curriculum is to enable our children to understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. 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. We aim to prepare children to be global citizens now and in their future roles within a global community. We want to build a PSHE curriculum that incorporates the understanding of RSE, which enables pupils to explore the complexity of the relationships they have now and to know how to be safe, preparing them to understand and develop healthy relationships in their future lives. Our intention is that, when children leave Westbridge Academy, they do so with the knowledge, understanding and emotions to be able to play an active role in today's society.

Our key values at Westbridge Academy of passion, urgency, positivity, aspiration and commitment are at the heart of how we teach PSHE.

Our PSHE curriculum is built around the needs of the children at Westbridge Academy. We use a scheme which is called 3D PSHE, but have adapted this to suit the needs of children at our school. This curriculum is designed so that all children are taught the three strands of PSHE: health and wellbeing, relationships and living in the wider world. It is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. Each year group follows an overview which ensures a progressive structure for each strand through each year group. Furthermore, through pupil voice, children can suggest ways that we can develop our curriculum further and we also like to encourage pupil evaluation which can play a part in what is taught.

In addition, Westbridge Academy is a firm believer in the power of Growth Mindset and this approach is crucial to our pupils' success, setting the bar for elements of commitment and a passion to overcome obstacles. Promoting a positive environment and a willingness to succeed allows children to combat obstacles in their learning, develop a consistent sense of motivation and (most importantly) strengthens their sense of character.

We firmly believe that a meaningful PSHE curriculum is the key to children becoming confident, tolerant and well-rounded adults.

- Children can approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life.
- From exposure to a range of global issues and problems, children can build up tolerance and a sense of responsibility of being a global citizen.
- Through discussion and debate children can understand the different lifestyles that people may live and be respectful and tolerant towards those leading different lives to themselves.
- Children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.