



## PSHE (Personal, Social, Health Education) Policy (including Relationships and Health Education statutory from September 2020, and our position on Sex Education )

### PSHE

At Joydens Wood Infant School , we teach Personal, Social, Health Education as a whole-school approach to underpin children’s development as people and because we believe that this also supports their learning capacity.

### Overview of myHappyMind

We are proud to be a part of the myHappyMind Family!

As a whole school program grounded in science and dedicated to building positive mental wellbeing, myHappyMind helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves! The PSHE Association states the following aims for PSHE education. myHappyMind is totally focused on all of these aims, particularly as they relate to emotional and mental wellbeing and resilience. The aim for PSHE education is to provide pupils with:



## Statement of Intent

myHappyMind is a mental health and well-being programme to support children in learning habits to support their own mental health. It covers all the mandatory objectives from the DfE Relationship Education Curriculum.

## Statutory Relationships and Health Education

*“The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.” [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#).*

*“Relationships Education also creates an opportunity to enable pupils to be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.” [Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#).*

## What do we teach when and who teaches it? Whole-school approach

PSHE is taught through six half termly themes with each year group studying the same unit at the same time (at their own level, which is progressive across the year groups) this is taught by their class teacher as a weekly lesson:

Autumn 1	Meet Your Brain	Understanding how your brain works and how to look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.
Autumn 2	Celebrate	Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self esteem.
Spring 1	Appreciate	Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a habit!
Spring 2	Relate	Understanding why positive relationships matter and how to build them. We focus on the building blocks of good relationships and friendships.
Summer 1	Engage	Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self-esteem and resilience too.
Summer2 (Key Stage 1)	Relationships Education	Understanding how to create healthy and happy relationships.

## **Relationships Education**

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

The expected outcomes for each of these elements are covered throughout the 6 modules of myHappyMind. These are explained on the myHappyMind mapping document, which can be found on their website (appendix 1). We also teach these areas of learning through day to day circle times or times to talk, as well as during whole class assemblies.

The guidance identifies what the children should know by the end of primary school, however we are only an infant school so we will not cover all of the expected outcomes.

## **Health Education**

***What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?***

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'.

Due to being an Infant School, Joydens Wood Infant School will specifically cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Health and prevention' which are all taught in an age appropriate way.

## **Parents' right to request their child be excused from Sex Education**

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. However due to the age of our pupils 'sex education' will not be taught in the infant phase, **therefore there is no right to withdraw from Relationships Education or Health Education.**

## **Equality**

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect.

At Joydens Wood Infant School we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships and Health Education.