

# PSHE and RSE

## Fakenham Primary Federation (FINS and FJS)

**Intent:** At Fakenham Primary Federation (FINS and FJS) Personal, Social, Health and Economic Education (PSHE) and Relationships & Sex Education (RSE) enables our children to become happy, healthy, safe, independent and responsible; equipping them for life as an adult in British society. Through the delivery of SCARF we aim to help children understand how they are developing personally and socially, and tackle many of the moral, social and cultural issues that are part of growing up. The curriculum helps them understand the importance of family life; stable and loving relationships and respect for others; love and care. 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:** At Fakenham Primary Federation we use SCARF (Safety, Caring, Achievement, Resilience, Friendship), a comprehensive scheme of work for PSHE, RSE and Wellbeing education. The SCARF scheme meets all DfE requirements for statutory Relationships and Health Education and mapped to the PSHE Association Programmes of Study to provide a whole-school approach to promoting behaviour, safety, achievement and wellbeing.

We follow the six suggested half termly units and adapt the scheme of work where necessary to meet the local circumstances of our school. We have chosen SCARF as our PSHE resource because the lessons build upon children's prior learning and the content is relevant and sensitive to the needs of the children. There is planned progression across the SCARF scheme of work, so that children are increasingly and appropriately challenged as they move through the school. Assessment is completed by the class teacher using a range of SCARF assessment tools, to demonstrate progression of both skills and knowledge.

The SCARF programme divides the year into six themed units:

**Me and My Relationships:** Explores feelings and emotions, develops skills to manage conflict, helps identify our special people and equips children to recognise the qualities of healthy friendships and how to manage them.

**Valuing Differences:** Includes a strong focus on British Values, supports children to develop respectful relationships with others, recognise bullying and know their responsibilities as a bystander.

**Keeping Safe:** Covers several safety aspects from statutory Relationships Education including being able to identify trusted adults in their lives, what to do when faced with a dilemma and recognising appropriate and inappropriate touch.

**Rights and Respect:** Explores broader topics including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older.

**Being My Best:** Includes a focus on keeping physically healthy, developing a growth mindset to facilitate resiliency, setting goals and ways to achieve them.

**Growing and Changing:** Has age-appropriate plans to cover the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.

Children are encouraged to engage in activities that promote an understanding of themselves as growing and changing individuals, and as members of a wider community, based on their own first-hand experiences. These activities also encourage pupils to understand how their choices and behaviours can affect others. They are encouraged to play and learn alongside, then collaboratively, with their peers. They may use their personal and social skills to develop or extend these activities. Children are also given the opportunity to make choices about their health and environment and are encouraged to develop a caring attitude towards others.

**Impact:** At Fakenham Primary Federation we seek to ensure that the PSHE that we teach improves the physical and social wellbeing of pupils. Through our PSHE education, we believe we can enhance children's education and help them become caring, respectful, aspirational and confident individuals. It will: -

- Develop children's self-esteem and give them the knowledge, confidence and self-awareness to make informed choices and decisions.
- Encourage and support the development of social skills and social awareness.
- Enable children to make sense of their own personal and social experiences.
- Promote responsible attitudes towards the maintenance of good physical and mental health, supported by a safe and healthy lifestyle.
- Enable effective interpersonal relationships and develop a caring attitude towards the others.
- Encourage a caring attitude towards and responsibility for the environment.
- Help our children understand and manage their feelings, build resilience and be independent, curious problem solvers.
- Ensure they understand how society works, and the laws, rights and responsibilities involved.