

For more information...

On our school website:

<https://westfelton.westcliffefederation.co.uk/>

Under curriculum, you will find further details including our objectives, scheme of work and medium term planning.

**Literature Review Evaluating the Impact of PSHE on Students' Health, Wellbeing and Academic Attainment by Andrew Barnard, Andrew Carey, Amy Regan, Justin Seth and Ravi Sharma: Pro Bono Economics 2017*

PSHE



Parent Guide

You may have noticed that 'PSHE' has had a high profile in the media recently.

We thought it would be helpful to provide you with some useful and accurate information about the teaching of PSHE at West Felton CofE Primary School.

PSHE is a subject which we have always placed of great importance here. We believe personal and social skills form the foundation of a happy and successful future for all.

Evidence* suggests that high quality PSHE education has a positive impact on academic attainment. It effectively addresses issues which can make it difficult for children to engage in learning such as those concerning mental health and emotional wellbeing, bullying, poor physical health, relationship issues and substance misuse.

What is PSHE?

Schools, in partnership with parents, have a vital role in preparing children and young people to negotiate the challenges and opportunities of an increasingly complex world. **Personal, social, health and economic (PSHE) education is the school subject that deals with real life issues affecting our children, families and communities. It's concerned with the social, health and economic realities of their lives, experiences and attitudes. It supports pupils to be healthy (mentally and physically); safe (online and offline) and equipped to thrive in their relationships and careers.** PSHE education helps all children and young people — the highest achievers as well as the vulnerable and excluded — to achieve their fullest potential.

Do all schools teach PSHE?

There has been an expectation that school will teach PSHE since the National Curriculum was reviewed in 2007. However, from 2020 PSHE will be a **mandatory** subject in all schools.

and drugs.

If you have any concerns about PSHE education or are worried about your child, do speak to their teacher.

What is included in the PSHE curriculum?

Relationships: including developing and maintaining positive relationships and dealing with negative relationships. This may include learning about bullying, consent, how to communicate effectively and inappropriate behaviour in relationships.

Developing independence, resilience and responsibility: including preparing children and young people to face life's challenges and make the most of life's opportunities.

Health: including healthy lifestyles, healthy eating and exercise; mental and emotional health; drug, alcohol and tobacco education; emergency life-saving skills.

Managing risk: including understanding personal safety and online safety; financial choices and risks; appreciating the value of taking risks in certain situations (e.g. entrepreneurial risks).

Economic wellbeing: including the role of money, influences on our use of money, gambling, careers education.

Employability skills: including learning about enterprise, business and finance. Developing the skills and attributes to succeed at work, including communication skills and confidence.

How can I support my child's PSHE Education?

The personal, social, health and economic development of our children is achieved through partnership between school and the family. To support your children, you could:

- Go to information events for parents about the school's approach to PSHE related issues such as online safety, relationships and sex education.
- Talk with your children about the issues explored in PSHE education.
- If you have any concerns, questions or queries regarding PSHE, please speak to your child's class teacher in the first instance.