

What is PSHE?

PSHE (Personal, Social, Health Education) enables children to become healthier, more independent and more responsible members of society.

Foundation Stage:

The teaching of PSHE fits in to the curriculum area of PSE (Personal, Social and Emotional)

Key Stage 1:

PSHE is taught every term as a discrete subject but the aims and objectives are addressed throughout the entire school curriculum and underlie every aspect of children's lives.

Drugs Education and Sex and Relationships Education is addressed



The Aims of PSHE



The aims of PSHE are for all children to:

- Know and understand what is meant by a healthy lifestyle
- Be aware of safety issues
- Understand what makes for good relationships with others
- Have respect for others
- Be thoughtful and responsible members of their school and their community
- Become active members of our democratic society
- Develop self-confidence and self-esteem
- Make informed choices regarding personal and social issues
- Develop good relationships with other members of the community

The PSHE Curriculum

PSHE is taught throughout the school through the nationally renowned SEAL (Social and Emotional Aspects of Learning) programme.

The Social and Emotional Aspects of Learning are:

- Self Awareness
- Managing Feelings
- Motivation
- Empathy
- Social Skills

These are taught within a variety of themes:

Term 1: New Beginnings

Term 2: Getting On and Falling Out
Say NO to Bullying

Term 3: Going for Goals

Term 4: Good to be Me

Term 5: Relationships

Term 6: Changes

Other topics covered under this subject heading includes:

Safety (Sun Safety and Road Safety)

Drugs Education

Sex and Relationship Education

How can you help?

PSHE at Summerhill Infant School

Here are some ways in which you can support your child when learning about PSHE in a real life, hands on context:

- Talk to them when they fall out with their friends
- Encourage them to persevere until a task is completed
- Help them to make healthy choices (have a piece of fruit rather than a biscuit)
- Talk to them about Safety in the Sun
- Let them talk you through crossing the road safely, when you are outside.



Feel free to contact the following person for any additional information:

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Summerhill
Infant School

PSHE & Citizenship



This leaflet aims to give you a brief overview of PSHE at Summerhill Infant School