## 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 selfesteem
- 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.





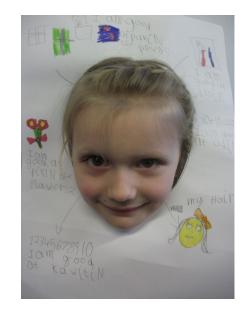
Feel free to contact the following person for any additional information:

Mrs Baggley

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# Summerhill Infant School

# PSHE & Citizenship



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