



## PSHE Curriculum Statement

### Why is PSHE important?

Personal, Social, Health and Economic (PSHE) education equips children with the knowledge, skills and values needed to lead healthy, safe and successful lives. PSHE supports children's wellbeing, relationships, online safety and financial understanding, helping them to make informed choices and manage challenges confidently. It develops essential life skills such as resilience, communication and respect, enabling children to thrive academically and become responsible, adaptable citizens in modern Britain.

### What is PSHE like at St George's Central CE Primary School and Nursery?

PSHE is taught through weekly lessons focusing on health and wellbeing, relationships, and living in the wider world. Children are given regular opportunities to apply their learning through meaningful real-life experiences that support personal development. These include residential visits, swimming lessons in EYFS and KS2, forest school experiences, intergenerational links with visits to a local residential home, and projects involving the wider community.

In PSHE lessons, children reflect on their experiences and explore moral and social issues that arise in school life. They learn to understand and respect diversity and difference, enabling them to build positive and effective relationships. Mental Health Ambassadors are trained to support and educate their peers, helping to promote wellbeing across the school. Class worship and whole-school worship also provide regular opportunities to reinforce PSHE learning and celebrate its importance.

### Ways to explore Spirituality in PSHE

At St. George's Central CE Primary School and Nursery we believe that our curriculum should provide opportunities for children to develop a love of learning, so that they go on to make a positive difference to themselves, their community and the wider world. We have developed a definition of what we believe Spirituality is:

**'Spirituality is...an understanding of how beliefs, values and experiences shape the identity of individuals, their spiritual disciplines and connections with life.'**

Our PSHE curriculum provides opportunities for spiritual development through/by:

- Creating opportunities for reflection on feelings, experiences and personal identity
- Exploring moral choices and the impact of actions on ourselves and others
- Teaching that promotes empathy, compassion, forgiveness and respect for all
- Allowing safe spaces for discussion, listening and valuing of different viewpoints
- Making links between PSHE learning, Christian values and everyday life
- Allowing time for stillness, mindfulness and prayer within PSHE and worship
- Enabling reflection on spiritual growth through residential, Forest School and community experiences

### Opportunities to celebrate PSHE at St George's Central CE Primary School and Nursery

- Celebration of children's achievements, including positive behaviour and contributions to our school community through worship

***'Never settle for less than your best'***

***Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12***

- Marking national and local events such as Children’s Mental Health Week, Anti-Bullying Week, Comic Relief, Children in Need, Neurodiversity Week, Careers Week
- Leadership roles for children, including Mental Health Ambassadors, supporting wellbeing across the school
- Sharing learning from residential visits, Forest School and community projects
- Celebrating diversity, inclusion and equality through themed days and curriculum links
- Opportunities for children to contribute to and celebrate their role in the wider community such as:
  - Litter picking
  - Building intergenerational links through visits to Hillcrest, a local residential home
  - Taking part in community projects such as the Tyldesley Mosaic Project
- Whole-school worship used to highlight the importance of wellbeing, relationships and living well together
- Visits from/or to people who help us in the community and teach us key life skills to be safe, such as:
  - Police
  - Nurses
  - St John’s Ambulance
  - KS2 visits to Greater Manchester Fire and Rescue Service

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