



Personal, Social, Health and Economic Education

Intent

Our Personal, Social, Health, and Economic (PSHE) Curriculum is designed to equip students with the essential knowledge, skills, and values needed to lead healthy, safe, and fulfilling lives. The Curriculum aims to promote personal well-being, social responsibility, and economic understanding, preparing students to navigate the complexities of modern life with confidence and resilience. The program is focused on helping students develop a strong sense of self, understand the importance of mental and physical health, and learn how to build and maintain positive relationships. Our lessons are aimed at fostering an inclusive environment where every student feels valued, respected, and empowered to contribute positively to their communities.

Implementation

Through the My Happy Mind program (coupled with aspects of the PSHE Association), our PSHE Curriculum covers a broad range of topics, including mental and emotional well-being, physical health, relationships, digital literacy, financial education and keeping safe.

Due to the expansive nature of the PSHE topics, lessons are designed to be interactive and student-centred so that the content can be tailored to children's needs. To do this, teachers use discussions, case-studies and journaling to engage students and encourage active participation.

My Happy Mind focuses on being proactive rather than reactive – aiming to equip students with the mechanisms and techniques to build resilience and strong self-esteem rather than focusing on how to face challenges as and when they appear.

This program is also unique in the fact that it teaches our children the science behind their brain. In doing so, the curriculum allows children to understand *why* their mind is reacting in a certain way to a situation which arms them with the capacity and confidence to respond to a reaction in the best way possible.

Impact

The impact of our PSHE Curriculum is evident in the development of well-rounded, confident and resilient students who are prepared to face the challenges of modern life. Students gain a deep understanding of their own mental and physical health, leading to healthier lifestyle choices and improved well-being. They learn to build and maintain positive relationships, develop empathy and appreciate diversity, contributing to a more inclusive and respectful school community. The Curriculum also enhances students' financial literacy and economic understanding, equipping them with the skills needed for responsible decision-making in their personal and professional lives. Ultimately, PSHE fosters a sense of social responsibility and active citizenship, empowering students to make positive contributions to society both now and in the future.