



What does the Learning Journey for Personal, Social, Health, Education (PSHE), including Relationships and Sex Education (RSE) look like?

If you were to walk into a PSHE/RSE lesson at East Preston Infant School, you would see:

- ✓ Our Rights Respecting ethos enables all children to access the Unicef Rights of the Child
- ✓ All children have the opportunity to be elected onto the school council
- ✓ All children have access to a 'Feelings Hub' in their classroom and a word of the week to support self-regulation and understanding of feelings
- ✓ Alongside regular PSHE/RSE lessons, discussions are used to support situations that may occur
- ✓ Opportunities – all children are able to build relationships with the wider community through activities such as visiting local care homes and engaging with community partners and charities
- ✓ All children access our early transition programme to ensure a smooth transition each year
- ✓ Weekly assemblies broaden children's understanding of cultures around the world and British Values
- ✓ Learning is contextualised through the use of video clips, stories and people in the community
- ✓ All children engage in mindfulness activities to develop a holistic approach to being healthy
- ✓ Cross curricular – Children can develop their PSHE/RSE skills in subjects such as R.E. and History
- ✓ 3D PSHE and EYFS 3D PSHE are used to deliver PSHE/RSE lessons which cover three core themes: Health and Wellbeing, Relationships, Living in the Wider World
- ✓ In EYFS – Children are introduced to the High Five rights, agreed routines in order to be part of their class community. Through every day interactions children are supported to develop self-care skills such as handwashing and getting dressed. Self-regulation strategies are developed in order for children to recognise how they are feeling and to help regulate their emotions. Children are introduced our child-friendly version of our safeguarding policy and are taught about personal safety through the NSPCC 'Pantosaurus'.
- ✓ In Year 1 – Children develop understanding of PSHE/RSE covered in Reception. Specific Unicef articles are introduced in order to deepen understanding of children's rights. Hewson Enterprise (Disability Charity) sessions are introduced to develop the children's understanding of diversity. Children revisit our child-friendly version of our safeguarding policy and continue to learn about personal safety through use of the NSPCC 'Pantosaurus' and other materials.
- ✓ In Year 2 - Children deepen their understanding of PSHE/RSE covered in Year 1. A wider range of Unicef articles are introduced in order to develop understanding of children's rights. Hewson Enterprise (Disability Charity) sessions are continued in order to deepen the children's understanding of diversity. Children revisit our child-friendly version of our safeguarding policy and continue to learn about personal safety through use of the NSPCC 'Pantosaurus' and other materials. All Year 2 children have the opportunity to be elected as a School Council Leader.

What happens if my child struggles and finds it hard?:

- ✓ Children can be supported through Emotional Literacy Support Assistant sessions, play therapy sessions, enhanced transition, lunchtime play support
- ✓ External agency support such as the Dedicated Schools Team
- ✓ You might see children accessing learning in a bespoke way – working with an adult / at a table during carpet input times, pre-teaching ('sneaky peeks'), visual prompts, extra explanation of new vocabulary

What if my child is showing secure understanding, how are they challenged?:

- ✓ Broaden and extend vocabulary
- ✓ Linking aspects that are learnt into more challenging scenarios



What learners at East Preston Infants say about PSHE/RSE:

“Performing in the talent show made me feel proud of myself” (Talent Show, Year 1)

“Using the Feelings Wheel helps us feel calm.” (Feeling Hub, Reception)

“It was exciting. They taught us not to go out in a dingy as you might go too far.” (Coastguard workshop, Year 2)



Successes in 2023-2024:

- Revised curriculum established for PSHE/RSE.
- The BIG Award (anti-bullying) was successfully re-accredited, recognising the schools work in this area.
- New enrichment experiences built in to learning e.g. Coastguard, NSPCC workshop.
- Class ‘Talent Show Assemblies’ showcased pupil’s interests and skill sets.

Focus for 2024-2025:

- Capture and celebrate PSHE/RSE learning in the central display.
- Further develop mindfulness activities across year groups in order to support children’s wider PSHE/RSE understanding e.g. first aid activities.