

You may have come across the terms PSHE, PSED, RSHE. What do they all mean?

PSHE—Personal, Social, Health and Economic Education .

PSED—personal, social and emotional development. (integral part of the EYFS Early Years Foundation Stage)

RSHE is Relationships , Sex* and Health education (statutory from September 2020 in all schools. (Note* Sex Education is compulsory in secondary schools only)

At the Orchard our **PSHE curriculum** includes all of these.

The purpose of PSHE is to develop awareness and understanding of self and others physically, emotionally and socially. Pupils learn about keeping safe, keeping healthy, developing healthy and positive relationships, develop resilience and act upon learned methods to manage their own responses. PSHE helps to give children the knowledge, skills and understanding they need to lead as confident, healthy and independent lives as possible.

Each child also has their own focus for **making relationships, self awareness and self confidence** and **managing feelings and behaviour.** PSHE is also taught through half termly topics (see below) and they learn more about keeping safe through special focus weeks throughout the year.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Me and My Family	Caring Friendships	Feelings	Keeping Healthy	Community and the wider world	Change
<u>SUPPORTING EVENT:</u> Meet my family* (Dept./Class led)	<u>SUPPORTING EVENT:</u> World Kindness Day November 13	<u>SUPPORTING EVENT:</u> World Happiness Day March 20	<u>SUPPORTING EVENT:</u> Healthy School Week March/April	<u>SUPPORTING EVENT:</u> Family Fun Day International Day of Families 15 May (UN)	<u>SUPPORTING EVENT:</u> Achievement Assemblies Leaver Assembly/ Prom