PSHE Subject Intent

Here at Stathern, we understand the vital role that we play in helping to foster pupil wellbeing and develop resilience and character that we know are fundamental to pupils being happy, successful and productive members of society. With a combination of a nurturing environment and an inspiring curriculum, we create multiple opportunities for pupils to set and achieve challenges, both personal and academic, that requires them to be ambitious and develop resilience and perseverance when faced with resistance or tasks that may not provide immediate gratification. Throughout our daily teaching, along with specific class assemblies and class activities, we develop personal attributes including kindness, integrity, generosity, and honesty. It is our ethos and belief that through the teaching of our selected character attributes, and with the guidance on applying this to in-class learning and daily life, we will equip our pupils with the fundamental skills needed to face an every changing future.

Our PSHE curriculum is designed to cover three core themes: Health and Wellbeing, Relationships and Living in the Wider World. These are broken into topics that are taught progressively across both key stages.

These topics include:

* Families and people who care for me
* Caring Friendships
* Respectful relationships
* Online relationships
* Being safe, both in the real world and online.
* Mental wellbeing
* Physical health and fitness
* What it means to lead a healthy lifestyle
* Drugs, alcohol and tobacco
* Changing adolescent body

Although PSHE is taught in discrete lessons, the above topics are also taught cross-curricular within computing and science lessons.