

PSHE at Thrupp Primary School

Intent

At Thrupp Primary School, our intent for Personal, Social, Health, and Economic (PSHE) education is to provide pupils with a comprehensive and supportive framework to develop the essential life skills and knowledge they need to thrive. Through the SCARF programme, we aim to equip students with the tools to manage emotional well-being, promote healthy lifestyles, build positive relationships, and ensure their safety, all while embedding our school's core learning powers: resilience, curiosity, relating, reflecting, and aspiring.

We are committed to nurturing **resilience** by encouraging students to persevere in the face of challenges, **curiosity** through the exploration of new ideas and concepts, **relating** by fostering healthy relationships with others, **reflecting** on personal experiences to build self-awareness, and **aspiring** to become thoughtful, considerate, and confident individuals who contribute positively to their community.

Through engaging, age-appropriate lessons and activities, we encourage pupils to explore key topics such as mental health, resilience, decision-making, and respecting themselves and others. By participating in discussions, circle time, role-playing scenarios, and interactive tasks, students learn to navigate social interactions, make informed choices, and understand the importance of both physical and mental health.

Our approach ensures that pupils not only gain knowledge but also develop the confidence and skills to apply this learning in their daily lives, fostering a sense of belonging, self-worth, and responsibility within the school community and beyond.

In doing so, we aim to support the overall development of the child, preparing them to face the challenges of the modern world with respect, kindness, and resilience, while embodying the values of curiosity, relating, reflecting, and aspiring in all their endeavours.

Implementation

To ensure the successful delivery of our PSHE curriculum, we have carefully integrated the SCARF programme into our school's wider curriculum, providing clear progression from Early Years through to Key Stage 2. Teachers receive regular training to ensure they have the confidence and expertise to deliver lessons that are engaging, relevant, and sensitive to the needs of all pupils.

The PSHE lessons are delivered in a variety of ways, including whole-class teaching, group work, role-playing, circle time and individual reflection activities. We ensure that these lessons are tailored to the specific age group, with resources and activities designed to meet the developmental stages of the pupils.

In addition, we create a whole-school approach by involving parents, carers, and the wider community in reinforcing the messages taught in PSHE. This includes providing resources for families to support emotional well-being at home and encouraging open conversations about relationships, health, and safety.

We also review our PSHE provision regularly through pupil feedback, teacher assessments, and ongoing evaluation of lesson outcomes. This ensures that our approach remains dynamic, relevant, and effective in supporting the personal development of every child at Thrupp Primary School.

We run nurture groups to support needs within our school. These include ELSA, play therapy as well as small group interventions to support SEMH needs.

Ultimately, we are committed to embedding the values of PSHE into the culture of our school, promoting a safe, supportive environment where pupils can grow and flourish.

Impact

At Thrupp Primary School, we measure the impact of our PSHE education by the positive changes we see in our pupils' attitudes, behaviours, and overall well-being. Through the SCARF programme, we aim for our students to develop a strong sense of self-worth, demonstrate respect for others, and make healthy, responsible choices in their everyday lives. As a result, pupils will leave Thrupp Primary School with the confidence and life skills necessary to navigate the challenges of adolescence and adulthood.

We expect our students to:

- Show increased emotional resilience and awareness of their mental health.
- Understand the importance of maintaining healthy relationships and personal well-being.
- Demonstrate the ability to make safe and informed choices in a variety of contexts.
- Have a clear understanding of their roles and responsibilities within the school community and beyond.

Our impact is evident in the way pupils interact with each other, their level of engagement in discussions, and their growing ability to apply the knowledge and skills learned in real-life situations. We also strive for a lasting effect on their social and emotional development, empowering them to become compassionate, empathetic, and responsible individuals.