

Pinewood Infant School and Foundation Unit

Together we give children the roots to grow and the wings to fly

Responsibility Resilience Independence Curiosity Respect Kindness Honesty Self-belief



PSHE & RSE at Pinewood

At Pinewood we teach a knowledge based, spiral curriculum which encourages our children to discover and explore. PSHE and RSE form part of our curriculum but runs through everything we do.

Our school values are also an essential and integral part of our learning at Pinewood embedded in all that we do on a daily basis.



Relationships and Sex Education (RSE) and Personal, Social, Health and Economic (PSHE) education are two separate curriculum subjects, one of which is a statutory part of the National Curriculum (RSE) and one which is not (PSHE). As both subjects are interlinked, they are sequenced under one curriculum overview.

Our RSE intent

Relationship and Sex Education (RSE) became a statutory subject in all primary schools from September 2020 with changes being made in August 2025. Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. The aim of RSE is to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.

Our PSHE Intent

PSHE (Personal, Social, Health and Economic) is a non-statutory subject, enabling schools to use a programme of study to meet the needs of their community. At Pinewood, PSHE is of great importance. Within PSHE education, pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. We want our children to learn how to understand and regulate their feelings and to know what it means to be kind, honest and reliable. We want children to recognise and value difference and grow up to be tolerant of others. Safety is of utmost importance as is increasing skills of independence and a sense responsibility. We want our children to stay healthy, safe and prepared for life. Our curriculum centres on a value based and growth mind-set approach promoting positive behaviour, mental health, well-being, resilience and achievement. At Pinewood, we teach PSHE and relationships throughout our daily curriculum and it is centred around our school values and also has strong links with British Values. Our curriculum is developed around the 'SCARF' Coram Education programme of study which covers all objectives in the RSE statutory guidance. This programme begins in F1 and runs to the end of Year 2. Knowledge is revisited and built upon.



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PSHE & Relationships at Pinewood

Our vision for PSHE & Relationships for our children is to:

- Understand and regulate their feelings,
- Build safe and secure relationships
- Know how to stay safe
- Understand how to be healthy and be aware of their own and others well being
- Recognise and value difference and grow up to be tolerant of others.
- Understand what it means to be kind, honest and reliable.
- Develop skills of independence and a sense responsibility.
- Be proud of their achievements and the achievements of others



We teach PSHE and relationships throughout our daily curriculum, centred around our school values. Our PSHE and relationships curriculum is developed through the Coram Education's SCARF programme of study which is enhanced with annual visits from Harold the giraffe and the Life Education team. SCARF stands for Safety, Caring, Achievement, Resilience and Friendship.

We use SCARF for our lessons but these are transferred onto medium term plans and are adapted to meet the needs of our children.

- These lessons promote a range of discussion topics and teaching styles such as circle time activities, role play, decision making and sharing of opinions and experiences with the class.



I have a **GROWTH MINDSET.**

I am in charge of how smart I am because

I can **GROW** my **BRAIN**

like a muscle by learning hard things.

I can achieve

ANYTHING

with **EFFORT** and

RIGHT STRATEGIES.

And even if I fail or make a mistake,

it is a **GREAT** thing, because

I can **LEARN** from them and

I GET BETTER!

Big Life Journal
www.biglifejournal.com

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Personal

Social

Health

Relationships

What PSHE & RSE at Pinewood is all about



Safety

Caring

Achievement

Resilience

Friendship



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Our Pinewood Values Pinecones

Our curriculum centres on a values based and growth mindset approach promoting positive behaviour, mental health, well-being, resilience and achievement.

Children know our school values, displayed on our Pinewood Pinecones and talk about them regularly. They are an essential part of collective worship, PSHE, RE and story sessions, as well as how we behave and treat others on a day to day basis. We also choose a child from every class each week who has demonstrated one of our values. This is done through our 'Special Assembly'





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What does PSHE & RSE at Pinewood look like?

- Knowledge based learning
- Units linked to the main topic where possible and specific times of the school year
- IWB introduction to sessions
- Key vocabulary
- Floor books
- Cross-curricular links
- Assemblies with PSHE themes
- Friday celebration assembly
- First hand experiences
- Visits and visitors
- School councils
- Well- being Champions
- Y2 residential
- Bank of PSHE stories and books
- Stories related to school values accessible for all classes to use in the entrance hall
- Wellbeing breaks eg. Mindfulness, cosmic kids yoga, exercise sessions
- Mental health and well-being is high priority



SCARF



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PSHE & RSE is in so much that we do at Pinewood

Supporting different charities



A game exploring feelings

We use the amazing book 'The Colour Monster' to explore feelings in F2

How are you feeling today?



Celebrating achievements with our loved ones



Learning about people who help us



An investigation demonstrating the importance of hygiene and hand washing





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We learn to care for the environment and living creatures



Visits and visitors
Widening the experiences for our children and giving them hands on experiences is fundamental to our teaching and learning of PSHE & RSE. We want to improve our children's cultural capital. This includes inviting visitors into school and going on visits.

Firefighters, nurses and police officers visit to teach us about safety



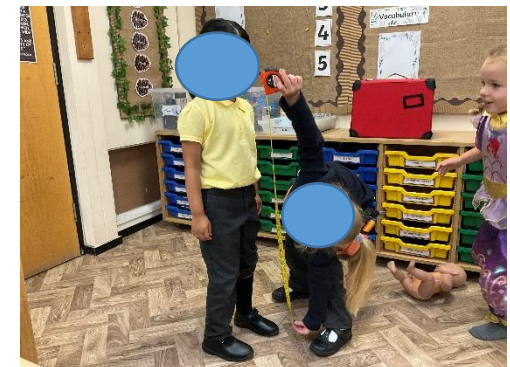
Recognising, Celebrating and Valuing difference is a crucial part of our curriculum.



Harold the giraffe comes with the SCARF team to teach us about being healthy



Relationships and friendships are a priority





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Year 2 residential

We take our Year 2 children on a residential in their summer term. This is **packed** with PSHE and Relationships education. They try new experiences, build relationships, take part in many teambuilding activities and have opportunities to demonstrate **all** our school values.





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The EYFS

PSHE and RSE is also part of Understanding the World (People, culture and communities) but has its own prime area of learning: **Personal, Social and Emotional Development**. Within this area of learning there are three aspects: Self-Regulation, Managing Self and Building Relationships. PSHE is of the greatest importance as without the knowledge in this area, children are unable to access other areas.

This is taught alongside all areas of the foundation curriculum but also through the SCARF programme of learning (In F1 and F2) which covers the new relationships education objectives as well.

