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|  **Intent, Implementation and Impact for PSHE/RSE** |
| **Intent:**To enable pupils to develop the knowledge, skills and attributes they need to manage their lives, now and in the future. Our core Christian values:**perseverance, creativity, trust, compassion, friendship, community, responsibility, thankfulness**With these values underpinning everything we do we want to raise children who are* Caring, respectful children with good social skills underpinned with honesty and integrity.
* Imaginative individuals who think critically and reflectively.
* Children who are masters of the basic skills in all areas of learning.
* Confident, independent and resilient learners for life.
* Pupils who are respectful of diversity and value all communities.
* Secure pupils in their own set of personal values and guiding principles.

We aim to foster and develop:Resilience, confidence, independence and how to keep mentally healthy.Pupil’s enjoyment of learning about how to stay healthy and about emotional and mental health and how to build safe and positive relationships.Children’s ability to make informed choices about healthy eating, fitness and their emotional and mental wellbeing.Children’s personal skills, employability skills and ability to achieve academically. |
| **Implementation:**At Bridgemere CE Primary we use the following programmes to support our children: * **myHappymind**

MyHappymind is an award-winning program for schools & nurseries, families and organisations. It teaches preventative habits that support positive mental health, resilience and self-esteem. All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology. The program is delivered via an innovative technology platform making learning easy, convenient and fun. It is commissioned by the NHS up and down the U.K. due to the incredible impact the program has on reducing CAMHS referrals along with the overall improvements to the wellbeing of children, staff and parents. The myHappymind curriculum is grounded in scientific research and helps children to:* Feel happier
* Know what to do when they feel worried or stressed
* Improve their focus and learn more
* Achieve more of the goals that they set for themselves
* Develop better relationships with friends and families
* Feel great about who they are and have positive self esteem

myHappymind is taught weekly. Our recommendation is that it is taught at the beginning of the week then the rest of the week is about embedding the learning from the lessons through regular teaching and learning. All children in Years 1-6 receive a journal which they have with them through the program. This is a really good visual record of their learning. Parents and Carers have access to a free app which they can use at home. The app helps the parents understand what their children are being taught and supports positive conversation and play.* **PHSE Association Programme** of Year 1-6

The three core elements of PSHE and Citizenship are:* Relationships
* Health and Wellbeing
* Living in the Wider World

This sits alongside myhappymind * **Christopher Winters Programme**

CWP is a whole school scheme which is to provide our RSE lessons.CWP encourages children to develop skills of listening, empathy, talking about feelings and relationships with families and friends.It includes lessons on topics such as keeping clean, families, gender differences, personal space, puberty, relationships and many other topics.Each year group develop the previous year’s learning:Reception: Our LivesYear 1: Growing andCaring for OurselvesYear 2: DifferencesYear 3: Valuing Difference and Keeping SafeYear 4: Growing UpYear 5: PubertyYear 6: Puberty and Reproduction* **No-Outsiders – Andrew Moffit**

Each class have a selection of books which are read and discussed each term. These books promote an ethos of inclusion and tolerance, and aims to prepare our children for life in modern Britain. |
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| **Impact:**Children will learn how to become valued citizens and leave Bridgemere Primary School ready to embrace the next stage in their lives and learning. At all times being their best selves and showing the Christian values of:**perseverance, creativity, trust, compassion, friendship, community, responsibility, thankfulness**With these values underpinning everything the children who become:* Caring, respectful children with good social skills underpinned with honesty and integrity.
* Imaginative individuals who think critically and reflectively.
* Children who are masters of the basic skills in all areas of learning.
* Confident, independent and resilient learners for life.
* Pupils who are respectful of diversity and value all communities.
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