



SMSC - PSHE

Spiritual

At The King's School, we believe that the study of PSHE triggers the spiritual growth of children as the subject promotes the awareness of mental health and well-being and how these two might be connected to a healthy spiritual practice. Children learn that reaching goals entails facing difficulties. At those moments, children understand that being hopeful and trusting is crucial. PSHE covers the emotional aspects derived from relationships and friendships. With this in mind, children explore loss and bereavement. They identify the possible reasons for the change and strategies for coping with it. PSHE promotes awareness to have a healthy relationship with food and making healthy choices. Children understand that our body is connected to a broader environment made up of multiple and complex elements that nurture each other. PSHE enables children to think and reflect upon their beliefs and those of others. In this subject, children are encouraged to grow their willingness to reflect on their experiences and on others'.

Moral

In PSHE children learn to distinguish between right and wrong and children are also exposed to situations, including ethical and moral ones, where the distinction is not clear. Children learn about the importance of growing and keeping respectful relationships and what respectful relationships look like, both inside and outside the classroom. The theme of dreams and ambitions enables children to set realistic and ambitious goals and pathways to reach them. Children explore the range of choices that a goal/ opportunity might bring and discern what the best ones are. Children are also enabled to understand the consequences that reaching their goals might have for others. Children are taught about the importance of reporting bullying and cyberbullying when they identify it on themselves or on someone else. PSHE teaches children about choices and consequences and the individual and collective responsibility we have when making them. The subject offers plenty of opportunities to reflect upon the values we are led by and how we use them to guide our lives.

Social

PSHE teaches children how vital it is to establish healthy relationships with others and how these ones will have an impact throughout their lives. PSHE enables children to explore essential aspects that they need to bear in mind when being part of a team in different contexts – school, local community, home. Children learn the reasons behind rules and the need for them. Children become aware of the rights they have and the responsibilities associated with those rights, and understand that some people might not enjoy them. PSHE teaches children concepts that they need to understand to grow healthy relationships with others and to enable them to set boundaries too. PSHE provides a space in which questions about reproduction can be discussed and asked without embarrassment. Children also learn how to get help if they need to. Children learn to celebrate the achievement of their own dreams as well as others'. PSHE promotes pupil voice and plenty of opportunities to participate in decision-making.

Cultural

PSHE covers the theme of diversity and also celebrates it. Children grow a deeper awareness of their own cultural identity and this, in turn, invites children to be tolerant of and appreciate other people's beliefs. PSHE promotes curiosity towards other children's cultures and respect for them as well as for their own. Family is one important topic in PSHE and children learn what a family provides as well as different types of families. Children learn too that families might be different in different cultures. In PSHE children learn that the concept of success and achievement is not the same to everyone and children learn that failure can bring opportunities to improve. PSHE encourages children to observe closely at their immediate environment and to see how it provides opportunities to be inclusive and to explore new ways of relating to people who may feel hard to approach because of cultural differences. Understanding the great diversity within the school prepares children to life in modern Britain.