



La Houquette Primary Policy - PSHE Policy

La Houquette Vision

Happy Learning Partnership

Successful Learners Confident Individuals Responsible Citizens Effective Contributors

Healthy and Active Safe and Nurtured Included and Respected Reaching their Full Potential

Intent

At La Houquette, PSHE isn't just a lesson on the timetable; it's the heartbeat of our school. Our goal is to nurture happy, healthy, and responsible individuals who are ready to take on the world with kindness and confidence.

- **Strong Relationships:** We help children learn how to build positive, respectful friendships and understand what makes a healthy relationship work.
- **Emotional Resilience:** Our curriculum gives children the "emotional toolkit" to recognise their feelings, manage setbacks, and develop a "can-do" attitude toward life's challenges.
- **Health & Wellbeing:** From understanding their bodies to looking after their mental health, we teach our pupils how to make choices that keep them safe and well.

- **Global & Local community:** We want our children to appreciate diversity and understand their place in the Guernsey community and beyond. We foster a sense of social justice and a desire to help others.
- **Life Skills for the Future:** We equip them with practical skills—staying safe online, managing money, and understanding how to be a contributing citizen in the 21st century.

Implementation

At La Houquette, our PSHE is built into the very fabric of school life, ensuring that every child feels safe, supported, and ready for the future. We think carefully about the following areas:

- **A Spiral Approach:** We follow the **PSHE Association Programme of Study**, using a topic based approach focusing on four core themes: *Health and Wellbeing, Relationships, citizenship and economic wellbeing*. By revisiting these themes we ensure the learning is always age-appropriate and meaningful. These have been mapped against the Entitlements to ensure full coverage.
- **Digital Literacy:** We use **Project Evolve** to underpin our teaching, helping children navigate the modern world and stay safe online.
- **Citizenship & Finance:** Lessons are designed to help children understand democracy and the law, while also teaching them how to manage money and make sound financial decisions.
- **Daily check -ins:** Each class gives children the opportunity to check in and teachers follow up with individuals. Wellbeing diaries are used regularly and children can leave a message for Mrs Judd through her box - 'what I would like Mrs Judd to know'.
- **High Quality Inclusive Practice:** Within our teaching we follow the principles of HQIP to ensure all children reach their potential.
- **Interactive & Reflective:** Learning happens through open-ended questions, partner discussions, and hands-on activities that build empathy and critical thinking.
- **A Safe Space:** As PSHE covers sensitive topics, we provide an inclusive environment where every child feels secure enough to share their thoughts and learn from their experiences. PSHe lessons are always led by the class teacher.
- **Expert Voices:** We enrich our curriculum by welcoming specialists such as the **Police, Fire Service, and the NSPCC** to share their expertise with the children.
- **Literature:** Each class has a selection of PSHE books that have been carefully chosen to support the topics covered that year.
- **Relationships and Sex Education:** Within KS1 these are led by the class teacher and parents are informed prior to the lessons. Our Keystage 2 lessons are led by SHARE. These are qualified health professionals who lead the following:

YEAR 5 1 Session

• *Learners will understand some ways to stay safe and healthy and the importance of good personal hygiene. We will introduce the concept of puberty and promote a healthy attitude towards growing up and identify who to ask for help. Male & female split.*

YEAR 6 2 sessions

• *To explore emotions & self-esteem as they relate to growing up. Extend prior knowledge about body changes at puberty, coping with them and accessing help and advice. Males and females are taught separately for this session.* • *To promote healthy relationships and a responsible attitude towards parenthood & gently introduce conception, foetal development, and birth.*

Beyond the Classroom

PSHE is not just a weekly lesson; it is integrated across the whole school day through:

- **The Wider Curriculum:** Strong links to PE, Science, and DT, alongside outdoor learning and excursions.
- **School Culture:** Assemblies, the **Rights Respecting Schools Award**, and our **Values** reinforce positive relationships and a growth mindset. We also revisit PSHE topics in KS 1 and KS 2 assemblies. To support our ethos around Rights Respecting and equality we invite local sports men and women into assemblies.
- **Student Voice:** Opportunities like the **School Council** allow children to practice being responsible citizens in a real-world setting.
- **Playtimes: The "Buddy Bench"** A designated seating area where children can sit if they are looking for someone to play with. There are different areas available for children to play to enable them to choose active play, quieter games. We remind children about inclusion and that everyone can play. We encourage children to be kind and look after each other.

Impact

At La Houquette, we measure success by the character and confidence of our pupils. As they move from EYFS through to Year 6, our children blossom into independent individuals who are ready to navigate the world with a smile.

Our subject leads and leadership team regularly visit lessons, look at books (if appropriate) and planning to ensure our PSHE stays effective.

By the time they leave us, our learners understand that:

- **Balance is Key:** A healthy life comes from balancing physical activity and nutrition with rest and leisure.
- **Growth Takes Practice:** Physical skills and creative thinking improve through commitment and dexterity.
- **Relationships Matter:** Wellbeing is fueled by a strong sense of identity and a deep respect for the similarities and differences in others.
- **Aspirations Drive Success:** Personal happiness is linked to high goals and being financially capable.
- **Safety is a Choice:** Risks can be managed by making well-informed decisions, leading to safe and active lives.

Review date: Autumn 2026