



# PSHE and RSHE at Ashton Gate Primary School



PSHE (Personal, Social, Health and Economic Education) and RSHE (Relationships, Sex and Health Education) is learning how to stay healthy, safe, and happy, build respectful relationships, understand how our bodies and feelings change as we grow, and make responsible choices for ourselves and others.

## Intent

At Ashton Gate, we want all pupils to grow into healthy, confident, independent, and responsible members of society. Our PSHE and RSHE curriculum encourages children to play an active, positive role in the life of the school and wider community, helping them to build a strong sense of self-worth. Pupils learn how society is organised and governed, and explore ideas of equality, rights, and responsibilities, so they understand what it means to be a positive, respectful member of a diverse world. Through RSHE, children learn about healthy relationships, respect for others, and how their bodies and feelings change as they grow. We aim to equip every child with the skills, knowledge, and attitudes they need to make sense of their experiences, make informed choices, and feel confident and empowered – both now and in the future.

### **Our School Drivers**

PSHE learning at Ashton Gate primary school develops our school drivers in a range of ways.

#### **Cultural diversity**

- Helps pupils understand, respect, and value differences in beliefs, traditions, and lifestyles.
- Creates a safe space to explore identity, equality, and inclusion, encouraging empathy.
- Challenges stereotypes and discrimination through learning about diverse perspectives.
- Develops social awareness and respect, preparing pupils to live and work in a multicultural society.
- Fosters cohesion and positive relationships both in school and beyond.

#### **Independence**

- Equips pupils with the knowledge, skills, and confidence to make informed life choices.
- Encourages critical thinking, decision-making, and problem-solving.
- Promotes responsibility for personal actions and wellbeing.
- Explores topics like health, relationships, finances, and safety to build real-life skills.
- Develops resilience and self-reliance, preparing pupils to manage their futures with confidence.

#### **Equity**

- Helps pupils understand the importance of fairness, respect, and equal opportunities.

- Encourages children to challenge prejudice, discrimination, and stereotypes.
- Promotes positive attitudes towards diversity and inclusion.
- Explores rights, responsibilities, and inclusion to empower pupils.
- Fosters a culture of respect, where everyone feels safe, supported, and able to thrive.

### **Growth mindset**

- Encourages pupils to see challenges as opportunities to learn.
- Helps children understand that abilities and skills grow with effort, resilience, and perseverance.
- Explores topics like goal-setting, self-reflection, and coping with setbacks.
- Empowers pupils to embrace mistakes as part of learning.
- Fosters a positive attitude towards personal progress and lifelong learning.

## Implementation

PSHE is embedded within the culture of Ashton Gate, through personal development opportunities, assemblies, and dedicated lessons. We place strong emphasis on active learning, encouraging children to take part in discussions, investigations, and problem-solving activities. This helps them develop empathy, social skills, and real-life experiences that prepare them for the future. RSHE is taught as part of this curriculum, helping pupils understand healthy relationships, respect for others, and the changes in their bodies and feelings as they grow. PSHE and RSHE are taught to all children, regardless of age or ability, with lessons carefully adapted to meet individual needs and respect each child's background and experiences. Children engage in practical activities that promote active citizenship, from planning special events to supporting those in need, and have opportunities to hear from visiting speakers to connect with a positive, diverse local community. Pupil voice is regularly gathered to check understanding, wellbeing, and the impact of learning, ensuring the curriculum meets the needs of all learners.

### **PSHE through ThoughtBox**

Our PSHE scheme of work is taken from 'Think & Thrive' by Thoughtbox.

At Ashton Gate, our curriculum helps children connect with the world around them and feel empowered within it. Lessons encourage pupils to explore, understand, and respond to a changing world through the principles of self-care, people-care, and earth-care.

The health, wellbeing, and personal development of our pupils are at the heart of everything we do. We believe that emotional and physical wellbeing form the foundation for confident, successful learners and rounded individuals.

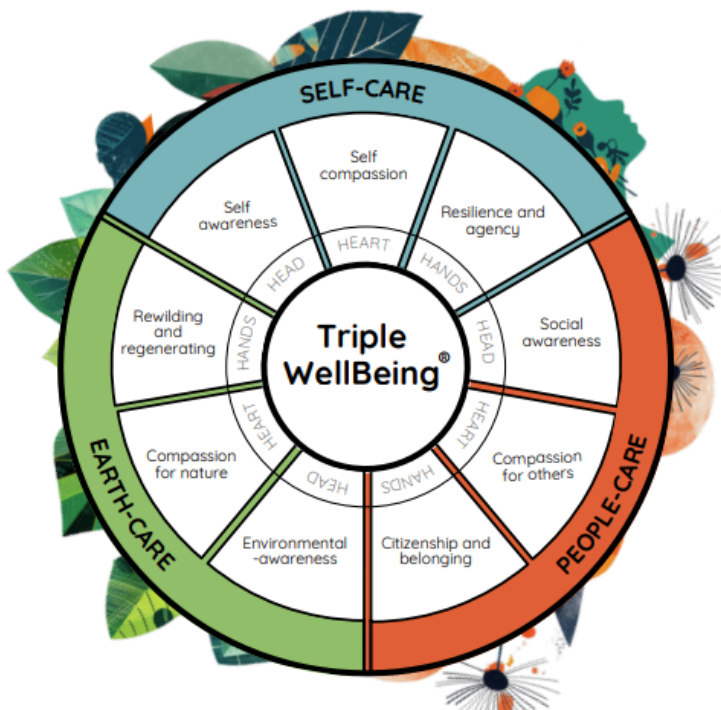
Our PSHE curriculum also promotes the fundamental British Values of democracy, the rule of law, respect and tolerance, and individual liberty. These values are woven throughout the wider curriculum and are key to developing social, moral, spiritual, and cultural understanding (SMSC).

Through our partnership with *ThoughtBox*, children are given the time, space, and tools to build strong relationships with themselves, others, and the natural world — helping them to thrive

personally, socially, and globally.

The Thoughtbox curriculum has carefully-mapped topics organised into a spiral curriculum. This cumulative curriculum design allows opportunities for children to think hard and apply their learning in different contexts. PSHE is taught weekly for 5 terms a year and assemblies and visitors add to knowledge taught in lessons.

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|  <b>SELF-CARE</b> |  <b>PEOPLE-CARE</b> |  <b>EARTH-CARE</b> |
| 1. Awe & Wonder  | 1. Equality & Justice  | 1. Changing Climates  |
| 2. Identity  | 2. Refugee Journeys  | 2. Clothes  |
| 3. Social Media  | 3. Home(lessness)  | 3. Food   |
| 4. Happiness   | 4. Groups & Gangs  | 4. Habitats   |
| 5. Global Cultures   | 5. Love & Relationships  | 5. Waste  |
| 6. Faith & Spirituality  | 6. Kindness & Ethics   | 6. Water  |



### **RSHE through Yasmine and Tom**

Health Education and Relationships Education became statutory in all primary schools in England from September 2020.

For our RSHE curriculum, we use Growing up with Yasmine and Tom. This scheme of learning was created by the FPA (Family Planning Association) and is fully compliant with the guidance for teaching RSHE provided by the Department for Education. Yasmine and Tom is an online resource to help deliver high-quality Relationships and Sex education as part of our PSHE programme. It includes resources that show children from a range of backgrounds and families to enable all children to feel included.

Relationships education provides the fundamental building blocks, skills and characteristics needed for positive relations with friends, families and other adults and children. This aspect of the curriculum supports the development of respect for difference and skills in staying safe on and offline.

Yasmine and Tom covers key aspects of statutory relationships education including for example: how important friendships are in making us feel happy and secure, and how people choose and make friends. Those same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.

RSHE is taught weekly for 1 term a year. Health education is taught to all year groups. Sex education is taught only in Year 6.

## Impact

The PSHE and RSHE curriculum, alongside the ethos at Ashton Gate, supports pupils' spiritual, moral, social, and cultural development (SMSC) and prepares them for life both now and in the future. It helps children become confident, responsible, and independent individuals who understand how to make informed decisions and positive choices. Through PSHE and RSE, pupils learn about healthy relationships, respect for themselves and others, and how to navigate the changes in their bodies and emotions as they grow. They develop the skills, knowledge, and attitudes needed to play an active, positive role in school, the local community, and wider society, while fostering empathy, resilience, and a sense of social responsibility.