

## **PSHCE (Rainbow Room curriculum) at Bledington**

### **Intent**

We want our children to have high aspirations, positive self-esteem, a belief in themselves and realise that anything is possible if they put their mind to it. Our intention is that when children leave Bledington, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being. Pupil's understanding of themselves, their own emotions and motivations, as well as those of others, will be vital as they grow and mature across the years.

Our PSHCE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our curriculum, designed around the PINK curriculum, but using other bespoke elements, enables children to learn and explore all topics that they might find useful in later life. By the time they leave Bledington, we want all children to understand fundamentally how to keep themselves and others happy and safe, within a complex and sometimes difficult world.

### **Implementation**

PSHCE at Bledington is taught through weekly Rainbow Room sessions, named after our specialist nurture room. Pupils from Reception to Year 6 access teaching in small group sessions, targeted at year group specific topics and objectives. The skills progression followed across the years uses elements of the PINK (People In the Know) curriculum, RHE guidance, Counting Sleep, Facts4Life, e-bug, Sun Smart and Primary Mental Health to encompass the broad range of elements pupils need to cover. Our curriculum also identifies links to British Values and Global citizenship and is taught in such a way as to reflect the overall aims, values, and ethos of our school.

Pupils use a range of resources including images, videos, songs, games, discussions and physical activities to engage with the sessions. Each session is focused around children feeling safe to ask and answer questions about potentially personal or problematic topics, helping them to know and value who they are and understand how they relate to other people in this ever-changing world'. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

PSHCE is taught through six half termly themes with each year group studying the same unit at the same time (at their own level):

Autumn 1: New Beginnings

Autumn 2: Keeping Safe (including anti-bullying and e-safety)

Spring 1: All about me  
Spring 2: Relationships (Statutory RHE education)  
Summer 1: Good to be me  
Summer 2: Healthy me (including e-bug)

### **Wider Curriculum**

- As a school, we encourage links to the 5 ways to wellbeing across our school day but especially during assemblies, circle time and during our Rainbow Room sessions. We do this through the language we use in class, praising children for their efforts, and using words to encourage children to change their way of thinking and take personal responsibility for their own and other's mental and physical health.
- Visitors, for example; the emergency services and Parliamentary education services, enhance our PSHCE curriculum to offer additional learning.
- We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We challenge all of our pupils to look for opportunities to show the school values.
- Our democratically voted for School and Eco-councils allow every child within the school to have a voice and feel empowered.
- Assemblies are linked to PSHCE, British Values and the 5 ways to wellbeing and cover any additional sessions that would benefit the whole school.
- Themed days or weeks highlight specific topics; for example, Anti-bullying week, Black History Month or Mental Health week .
- PSHCE displays throughout school reinforce the PSHCE curriculum enabling children to make links.

### **Impact**

By the time our children leave our school they will:

- be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be aware of ways they can help themselves and others to stay happy and safe
- be able to meet new challenges with confidence and a positive attitude
- be able to understand and manage their emotions
- be able to recognise and respond to emotions in others
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationships with their peers both now and in the future.
- understand the physical aspects involved in Relationships & Health Education at an age appropriate level
- have respect for themselves and others.
- have a positive self esteem

