

### **Intent**

Our intention is that, when children leave Woodside Academy, they do so with the knowledge, understanding and emotions to be able to play an active role in today's society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. Building resilience is our main aim working alongside the Thurrock Wellbeing services, we are installing this important life skill in all children.

### **Implementation**

How do we deliver PSHE at Woodside Academy?

- All pupils have a weekly PSHE lesson which lasts for 1 hour.
- Medium term planning is given to all staff which has been developed by PSHE lead in guidance with The PSHE Association to meet the needs of our pupils.
- Healthy eating and exercise are key attributes to delivering PSHE at Woodside. We have a variety of sporting clubs for all ages as well as cooking clubs.
- Staff have received wellbeing and mental health training. We have two mental health gurus and the children are being trained on looking after theirs and others wellbeing.
- Staff have accessed Philosophy for Children training and strategies and techniques are being implemented across school. P4C builds higher order thinking, questioning, speaking and listening skills and these are incorporated into the PSHE curriculum.
- Visitors such as emergency services and the school nurse complement our PSHE curriculum to offer additional learning.
- Assemblies are planned to cover any additional sessions that would benefit the whole school.
- Friendship/ antibullying week to engage pupils in forming relationships.

### **Impact**

At Woodside Academy we strongly believe that a meaningful PSHE curriculum is the key to children becoming confident, tolerant and well-rounded adults.

- Children can approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life such as managing money, relationships, healthy eating and drugs.
- From exposure to a range of global issues and problems, children can build up tolerance and a sense of responsibility of being a global citizen. We have strong links with the environment and our Eco award and policy reflects this.
- Children can understand the different lifestyles that people may live and be respectful and tolerant towards those leading different lives to themselves.