

Personal Social and Health Education at St Mark's

Pupils at St Mark-s are taught at an age appropriate level about keeping safe/staying and healthy, growing and changing, being responsible, feelings and emotions, computer safety, the working world and a world without judgement (including our parliamentary system).

At St Mark's we believe that PSHE plays a vital part of primary education and needs to be taught at least weekly; although there will also be opportunity to make cross curricular links and these opportunities should not be missed. There are always occasions where staff may feel it necessary to teach PSHE as a result of an issue which has arisen within the school.

The PSHE programme is delivered using a range of well-chosen, imaginative resources and activities to support learning, these include – thought provoking video clips, stories and pictures, role-play activities and personal student workbooks. Alongside this the children attend daily collective worship and take part in philosophy sessions. In addition to this, all year groups take cookery classes (every year) to support the learning of healthy eating and making healthy choices. During sessions children are taught to respect other children's ideas and viewpoints by learning how to listen and respond to others. Forest School develops ability to enjoy the natural environment, work in teams and manage risks (as well as developing resilience to bad weather!).

At St Mark's we want our pupils to become confident children who can express their feelings and emotions appropriately. They know who to ask when they need help so that they can confidently protect themselves and others. They learn how to make the right choice in daily situations and use this knowledge to support and encourage other to also make the right choice. This includes developing understanding about respectful relationships, in person and online.

We encourage and involve ourselves with the local community and people so that the children develop a sense of belonging and pride. Children have the opportunity to join in Christmas Carol singing, making items and delivering these to the local community, sports events, helping monthly with the local community dinner, responding to feelings through art and music and regularly supporting charities including our link school in Eldoret, the local Food Bank, the Salvation Army and local wildlife charities.

Through our School Council and regular democratic votes in classes and as a school children develop their understanding of fairness and democracy. We hope to teach the pupils resilience to cope with changes that life throws their way, to understand, accept, celebrate and embrace diversity within their local community and all across the world.