



Personal, Social and Health Education at Chilham

Intent

At Chilham St. Mary's, Personal, Social and Health Education (PSHE) is central to our mission of educating each child as a whole person. Through our PSHE curriculum, we nurture happy, motivated and reflective learners who are equipped with the knowledge, skills and values needed to flourish both now and in the future.

Our intent is to educate the heart as well as the mind — developing empathy, resilience, self-awareness and a strong sense of self-efficacy. We want our pupils to become independent, enquiring and collaborative learners who understand how to care for themselves and others.

Through a Growth Mindset approach, children learn to view challenges as opportunities to grow, to persevere through difficulty and to approach learning with curiosity and courage. Our PSHE curriculum is inclusive and diverse, ensuring that every child feels seen, respected and supported in discovering their unique strengths and potential.

We aim for all pupils to develop the understanding, compassion and confidence needed to make positive contributions to their community and the wider world, guided by our Christian values of love, respect, perseverance, forgiveness, trust and honesty.

Implementation

We deliver PSHE through the engaging and rigorously planned **Heartsmart TV** programme, which provides a consistent and progressive structure for developing the knowledge, skills and attitudes pupils need to thrive. The “Heartsmart High Five” strands underpin our approach:

- **Don't forget to let love in!** – Encouraging self-worth, kindness and the ability to accept love and friendship.
- **Too much selfie isn't healthy!** – Building empathy, emotional literacy and awareness of others, including safe and responsible online behaviour.
- **Don't hold on to what's wrong!** – Promoting forgiveness, emotional regulation and positive conflict resolution.
- **Fake is a mistake!** – Encouraging honesty, authenticity and integrity in relationships.
- **No way through isn't true!** – Developing perseverance, resilience and problem-solving skills.

These themes run throughout the life of the school and are reinforced through collective worship, class discussions and our daily interactions. They are closely linked to our school's core values and reflect our commitment to nurturing the whole child — socially, morally, spiritually and culturally.

In addition, we teach the **Relationships and Sex Education (RSE)** curriculum through 'The Christopher Winter Project', a programme that is age-appropriate, inclusive, and aligned with the PSHE and Science National Curriculum. It is quality assured by the PSHE Association and supports children in understanding relationships, health and personal responsibility in a safe, supportive environment.

Parents are fully informed about the RSE curriculum each year, and we work in partnership with families to ensure that teaching reflects our shared values of care, respect and honesty.

Our teachers adapt lessons to ensure they are engaging and accessible for all our pupils. This includes using a variety of visual aids, well-thought-out and prepared resources, opportunities for group work and movement breaks as well as pre-teaching opportunities for some pupils. Our curriculum also includes regular opportunities to revisit prior learning in PSHE, which supports children's ability to know more and remember more as they progress through our school.

Our staff have access to high quality CPD to develop their understanding of the five strands of our PSHE curriculum, along with our RSE programme of learning.

All our pupils are also provided with regular opportunities to contribute to their wider community through events such as our Harvest Service and food bank collection, the Children in Need Ramble at Chilham Castle, carol singing at the village Christmas Lights Switch On, Comic Relief fundraising, School Council and Eco Council activities, our 'buddy' system where Year 6 pupils regularly help our Reception pupils and exciting regional events such as Young Voices.

Impact

By the end of their time at Chilham St. Mary's, our pupils:

- Demonstrate confidence, empathy and respect in their relationships with others.
- Show resilience, perseverance and a positive attitude towards challenge and change.
- Make informed, healthy choices about their physical and mental wellbeing.
- Recognise and celebrate diversity, understanding and respecting differences within their community and the wider world.
- Take responsibility for their words, actions and decisions, guided by moral and spiritual understanding.
- Contribute positively to the life of the school, the local community and beyond.

We see the impact of PSHE in the way our pupils behave, communicate, care for one another and approach learning. Pupil voice, learning behaviours and teacher observations provide ongoing evidence of growth in confidence, emotional literacy and social responsibility.

Our aim is that every child leaves Chilham St. Mary's as a kind, capable and conscientious young person — ready to embrace life's challenges with curiosity, courage and compassion.

ADD AS A VIDEO

<https://www.heartsmartv.com/packages/school-package-1/videos/introduction-to-the-heartsmart-framework>