



## **PSHE Statement**

Name of School	Petersgate Infant School
Date of review	February 2025
Date of next review	February 2026
Reviewed by	Becca Muir PSHE Lead

### **School Vision**

"for all children to grow into responsible, caring individuals who actively and positively contribute to the community."

At Petersgate Infant School, our vision outlined above is strengthened by our values of safety, caring, achievement, resilience and friendship. These values symbolise warmth, community and cohesion to ensure we are "working together to achieve our best".

As a school, we can apply these values through the following aims:

### **Aims**

- Ensuring everyone stays healthy and safe.
- Ensuring everyone feels valued and has a sense of belonging.
- Providing a high quality learning environment.
- Helping everyone enjoy learning and achieving their best.
- Nurturing and developing the whole child.
- Ensuring everyone makes a positive contribution to the school and wider community.

Safeguarding at Petersgate Infant School is carried out in line with the statutory guidance in 'Keeping Children Safe in Education' published by the Department for Education.

At Petersgate Infant School, our Personal, Social, Health and Economic (PSHE) education supports our children by giving them the skills and understanding that they need in order to become confident, healthy and independent citizens who understand the importance of both physical and emotional well-being. Our children will also learn how to develop into responsible individuals who make a positive contribution to society.

PSHE is embedded throughout our curriculum and daily school life, to deepen children's understanding and allow them to apply this understanding in a range of contexts and situations. This is built through a carefully planned long term map, which covers all areas of PSHE, including the Department for Education's (DfE) changes to Relationships and Health Education since 2019.

We follow the SCARF (Safety, Caring, Achievement, Resilience and Friendship) programme from Coram Life Education, which is spiral based curriculum that covers all areas of PSHE and allows for knowledge and understanding to be built upon as the children progress through the school. The values from the SCARF curriculum are further embedded into school life through a weekly values assembly, with a focus value for each half term. Stories and other texts that promote these values are shared and promoted throughout the school. Members of staff also use SCARF certificates to reward children who demonstrate these values around school, whether this is in the classroom, on the playground or while travelling around the school.

Through our PSHE and RHE lessons, our children explore their emotional and mental health and well-being, aspects of safeguarding and how to keep themselves and others safe, developing a healthy lifestyle (including healthy eating), begin to develop financial awareness, learn about British values and citizenship, bullying (including cyber-bullying) and drug, tobacco and alcohol education.

As well as following the SCARF programme to support our children's PSHE learning, at Petersgate Infant School the children learn about their Zones of Regulation (ZoR). The Zones of Regulation is an internationally renowned programme which helps children to manage their emotions, or 'self-regulate'. We want to teach all of children effective coping and regulation strategies so that they can help themselves when they experience anxiety or stress, as well as feelings of sadness or anger.

We aim to help children to:

- Recognise when they are in different Zones and learn how to change or stay in the Zone that they are in.
- Increase their emotional vocabulary so that they can explain how they are feeling.
- Recognise when others are in different Zones, and therefore develop empathy.
- Develop an understanding of what might make them move into the different Zones.
- Develop problem-solving skills and resilience.
- Identify a range of calming and alerting strategies that support them.

There are four Zones that make up the Zones of Regulation. These are;

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

This is further enhanced by a mental and emotional health programme called myHappymind. This programme supports the children with their understanding of the brain, how it works and how it effects their emotions. This programme also gives the children strategies on how to regulate and manage their emotions, develop positive thinking skills and habits to be their best selves. These lessons are complemented by a support app, so parents/carers can follow the programme and support their children at home.

As a school, we fully understand and believe that being out in nature and being outside is fundamental to a child's emotional and mental health and well-being. The delivery of our outdoor learning sessions has helped in supporting the children's resilience (one of our key SCARF values), independence, problem solving skills and communication, whilst helping them to feel calmer. Being outside also gives them the opportunity to explore their emotions and how to respond to them. Staff are trained by Hampshire Outdoors to deliver outdoor learning sessions. Our Well-being and Life Skills Lead then delivers bespoke sessions for smaller groups where she further develops key skills and/or knowledge about the natural world using a nurturing approach.

We combine and use the pedagogical approaches of:

- learning outdoors (classroom learning transferred to outside i.e writing outside under a tree)
- learning with the outdoors (natural environment becomes the teaching resource i.e using our pond for science learning)
- learning through the outdoors (exploring, observing and having first hand experiences with wildlife or understanding seasonal change)

At Petersgate Infant School, our curriculum is enriched and enhanced throughout the year through a range of visits and visitors which include; the local village shops, Alice Holt woods, Butser Ancient Farm, Portchester Castle and a Zoo/Animal Sanctuary. We also welcome a range of visitors that have included; PCSOs, firefighters and other emergency services, the local vicar, and theatre groups.

For those children who need extra support with their personal, social, emotional and mental health, we have a Family Support Liaison Officer, Well-being and Life skills Lead, 2 ELSAs, as well as our SENDCo and our Inclusion Lead.