

PSHE

At Oak Cottage we follow the Jigsaw scheme of work.

Personal, social, Health Education is concerned with the development of the whole child. The aim is to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

Within Oak Cottage, the aims of PSHE underpin every aspect of school life. From the very early stages, our children learn about themselves as developing individuals and members of their community.

We aim to promote a positive ethos where children feel valued for their contributions to school life. Through PSHE they learn the rules and skills needed for keeping themselves healthy and safe and gradually take more responsibility for the choices they make.

Circle time and our class and school councils are at the heart of our PSHE curriculum, embedded in the JIGSAW approach.

The basis of sex education is introduced within the health elements of PSHE and also as part of the science curriculum. This involves consideration of their bodies, feelings, responsibility and about their relationships with one another. These strands increase in depth or complexity as appropriate to the children's development.

In Years 5 and 6 pupils are introduced to certain aspects of puberty and watch videos, which act as catalysts for discussion at home and at school. Parents are invited to view these prior to the children, in order to ensure home and school are equipped with the same information. We see this as a vital partnership but always respect the wishes of parents.

Drug education at Oak Cottage is part of our PSHE curriculum and is delivered through a series of themed and progressive units throughout our school. At Key Stage 1 pupils learn about begin safe with medicines and household substances and the basic skills for making healthy choices and following safety rules. At Key Stage 2 pupils learn about the effects and risks of alcohol, tobacco, volatile substances and illegal drugs and basic skills to manage risky situations. They learn how to make informed choice about their health, how to resist pressure to do wrong and to take more responsibility in their actions.

In years 1 to 6 children are taught about the importance of positive self-esteem. These lessons focus on body image and include a range of activities to develop children's understanding of the influence of the media. They learn about their positive attributes, similarities and differences, role models and the impact the media can have on the lives of our young people.