

## **PSHE and RSE at Grange C of E School**

At Grange C of E School we follow a whole school programme called HeartSmart, which is a whole school approach that brings together our PSHE (personal, social and health) education.

SMSC (spiritual, moral, social and cultural) development opportunities are mapped throughout and also link carefully with our Christian Values.

All of these pieces of learning in addition to our daily acts of collective worship are brought together to form a cohesive picture, helping children to know and value who they are, to keep safe and understand how they relate to other people in the world.

The units we follow are:

### **Autumn**

Be HeartSmart!

Don't forget to let love in!

### **Spring**

Too much selfie isn't healthy!

Don't rub it in, rub it out!

### **Summer**

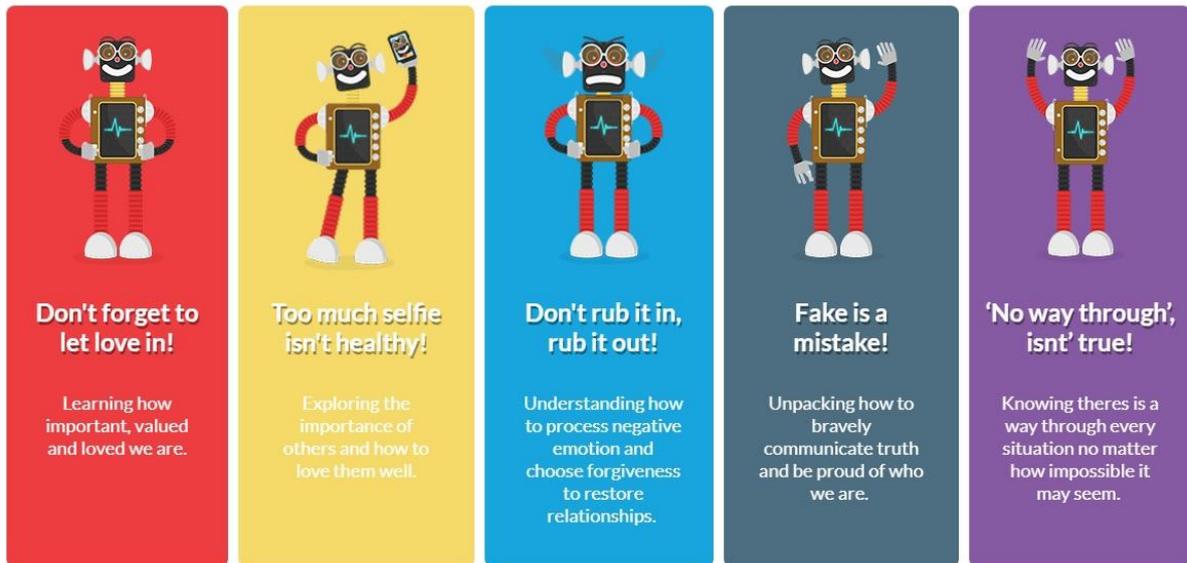
Fake is a mistake!

'No way through' isn't true!

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## The HeartSmart High Five

Language creates culture. That's why the HeartSmart high five are a big deal.



### Relationship and Sex Education(RSE)

The work we do with HeartSmart over the year helps with our RSE curriculum in helping to foster pupil well-being and develop resilience and values that we know are fundamental to pupils being happy, successful and productive members of society.

#### **Kidsafe**

<https://www.kidsafeuk.co.uk/>

Our school is a Kidsafe registered school and Mrs Jayne Holding and Mrs Paula Whinfield are both accredited trainers.

The primary purpose of the Kidsafe programme is to equip our children with simple, yet effective skills to keep themselves safe from harm without shattering their innocence.

The programme is delivered in the classroom with active participation from class teachers. The course material is always age appropriate with key messages delivered through the use of media, including song, rhyme and action, puppetry, group discussions and worksheets.

Prior to any of the sessions all parents are invited to a general information session about the programme.

When a year group is about to be delivered the program they will be given a letter explaining the sessions so that parents are fully aware of the content and can talk with their child at home about it after the sessions.