

Health, Well-being and Community

Through a holistic approach, we aim to deliver a rich curriculum - with a clear progression of skills - that promotes healthy minds and bodies within the community. With clear outcomes and links to core subjects, staff will be empowered and supported to deliver high quality, well-structured lessons. By providing opportunities for all (including those who are disadvantaged) to be active in a range of disciplines, children's well-being will be enhanced. The environment and resources will be engaging and safe for all.

PSHE /RSHE

PE
Children's Leadership
Community
LOTC

Our PSHE Vision


At Langshott Personal, Social, Relationships and Health education is an important and necessary part of our pupils' learning. We want to prepare all pupils for life, helping them really know and value know they are and understand how they relate to other people in this ever - changing world. We want to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.






Our Aims

- To deliver a comprehensive, inclusive and progressive programme of PSHE (including statutory Relationships and Health Education)
- To give children relevant learning experiences to help them navigate their world and to develop positive relationships with themselves and others
- To develop emotional literacy, build on resilience and nurture mental and physical health
- To allow children to advance their emotional awareness, concentration and focus through mindfulness opportunities
- To enable pupils to apply transferrable skills in their everyday life – PSHE curriculum is taught through our school rules



Knowledge and Skills

SMSC/BV	
	Understanding the importance of responsibility, respect and becoming active citizens who contribute positively to society.

Langshott School Rules and PSHE knowledge and skills	
Self-Control 	To develop the ability to control oneself, in particular one's emotions and desires, especially in difficult situations.
Take Responsibility for your actions 	To be dependable, make good choices, and take accountability for our actions. A responsible citizen looks out for the well-being of others and understands we all have a part to play in making the world a better place.
Always follow instructions 	To be able to act on requests by others. To sequence the information in appropriate steps. To follow instructions is important to make tasks simpler, to ensure things are done effectively, to eliminate confusion and to save time. When instructions are properly followed, things work well.
Respect 	To know how to respect ourselves, other people and our environment. To know that treating someone with respect means that you interact with them in a way that shows that you care about their well-being and how they feel. When you respect someone, you treat them kindly and use good manners.
Safe 	To know how to keep ourselves and others safe. To understand how our choices can affect our own safety as well as others. To understand that safety includes personal, relationships health, online and environmental.

