



PSHE Curriculum Statement

Personal, Social, Health and Economic (PSHE) Education

Aspire • Learn • Succeed

At Mill Hill Primary School, we believe that Personal, Social, Health and Economic (PSHE) education is at the heart of preparing children to become confident, caring and responsible members of society. Our curriculum enables pupils to develop the knowledge, skills and values they need to make informed decisions, build positive relationships and lead healthy, safe and fulfilling lives.

Our PSHE curriculum is designed to promote children's emotional wellbeing, physical health, personal development and understanding of the wider world. Through carefully planned and progressive learning, pupils develop resilience, empathy, independence and respect for themselves and others.

Our curriculum follows the three core themes identified by the PSHE Association Programme of Study:

Relationships

Pupils learn about healthy friendships, families, respectful relationships, personal boundaries, consent, online relationships, bullying, diversity and safeguarding. They develop the confidence to recognise unsafe situations, understand where to seek support and appreciate the importance of kindness, respect and inclusion.

Living in the Wider World

Children develop an understanding of their role within school, their local community and wider society. They learn about British Values, democracy, rights and responsibilities, environmental sustainability, financial education, careers, enterprise, citizenship and digital literacy. As technology continues to evolve, pupils are also taught how to use the internet safely, critically evaluate online information and understand the opportunities and risks associated with artificial intelligence.

Health and Wellbeing

Pupils develop the knowledge and skills needed to lead healthy lifestyles and support their physical and mental wellbeing. They learn about healthy eating, exercise, sleep, emotional wellbeing, resilience, medicines, substance education, first aid, personal safety, puberty and preparing for change and transition.

Our curriculum is delivered through weekly PSHE lessons and is enriched by assemblies, themed weeks, national awareness events, educational visits, visitors and cross-curricular learning opportunities. Children are encouraged to discuss, reflect and ask questions within a safe, respectful and supportive learning environment where every voice is valued.

Learning is progressive from EYFS to Year 6, ensuring that pupils revisit key concepts and build on prior knowledge as they grow and mature. Our curriculum reflects statutory guidance for Relationships Education and Health Education, supports the National Curriculum for Science and promotes the values of equality, diversity and inclusion.

At Mill Hill Primary School, we believe that PSHE is fundamental in helping children to flourish both academically and personally. We aim for every pupil to leave our school as a confident, respectful and resilient individual who understands how to keep themselves safe, care for their physical and mental health, contribute positively to society and embrace the opportunities and responsibilities of life in modern Britain.

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