**Personal, Social, Health & Spiritual Education Policy**

At Wickselm House we understand the importance of personal, social, health and spiritual education. Our curriculum balances meeting children’s social, emotional and physical needs with key academic education. As a setting we embed awareness of our natural world and environment in all aspects of learning. Our gardens and onsite farm provide valuable opportunities to explore and engage in all of these areas. We also welcome outside agencies, visitors and volunteers to further explore topics. We understand parents and carers play a key role in supporting children on their learning journey and we use opportunities to link to home and connect with parents through extending learning opportunities to the home. We use parent open days and other opportunities to welcome families to share in each child’s success and learning journey. We encourage children to celebrate one another’s beliefs and cultural heritage and weave an understanding of world faiths and traditions into our curriculum.

**The three main strands underpinning these areas of learning are:**

**• Relationships**

**• Living in the wider world**

**• Health and Wellbeing**

There are a number of key concepts appropriate to the ages of our cohort that underpin these 3 strands. These include;

**Relationships** (to provide children with the knowledge & skills to develop safe, healthy, happy and accepting relationships)

• Understanding the feelings & emotions of others and interacting appropriately.

• Positive friendships & anti-bullying

• Equality & diversity

• Managing change and transition

• Growing up

• Family relationships

**Health & wellbeing** (to provide children with the knowledge and skills to be mentally, physically & emotionally healthy)

• Hygiene

• Healthy Eating

• Physical Activity

• Sleep

• Mental Health

• Understanding our own feelings and emotions

• Expressing & managing our feelings and emotions appropriately

• Resilience and managing challenges.

• First Aid and coping with a medical emergency

• (Where age appropriate) Education on the risks of drugs, alcohol and smoking

**Living in the wider world** (to provide children with the knowledge and skills to stay safe, engage with society, carry out daily tasks independently and prepare them for the working world)

• Managing money

• Managing time

• Internet safety

• Water safety

• Animal management safety

• Sun Safety

• Electrical safety

• Identifying risk

• Road safety

• Fire safety

• Stranger danger

• Being British

• Multimedia influences

• Democracy

**Aims**

Learning and undertaking activities in these areas are designed to enable our children to become:

* Happy, informed individuals who can build valuable long-lasting relationships with peers and key adults.
* Successful learners who enjoy learning, make progress and achieve.
* Confident individuals who are able to live safe, healthy and fulfilling lives.
* Responsible citizens who make a positive contribution to society.
* Resilient young people able to emotionally and mentally cope with the challenges they may face during all stages of their lives.