





How children develop strong relationships, understand emotions and stay mentally healthy at Oakley Vale

“You are braver than you believe, stronger than you see and smarter than you think.”

~AA Milne

PSHE Purpose of Study:

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|  Philosophical | <p>Children will have opportunities to reflect on and clarify their own values and attitudes and explore the complex, and sometimes conflicting, range of values and attitudes they encounter now and in the future. They will be encouraged to be positive and active members of a democratic society. Children will reflect on the impact of their actions, encouraging the making of informed choices.</p> |
|  Practical | <p>Children will be encouraged to develop a positive culture around issues of sexuality and relationships and nurture a growing sense of identity. They will consider experiences that may affect their lives and the lives of others in a safe, open and positive learning environment. Children will be equipped with a range of strategies to safeguard themselves and others on and off-line, knowing how and when to access support to keep themselves physically and mentally healthy.</p> |
|  Emotional | <p>Children will build skills, attitudes, self-esteem, resilience and confidence taught explicitly as well as nurtured implicitly. They will be equipped to understand and navigate a rapidly changing world through the knowledge and cultural capital they will need to succeed in life. They will be provided with opportunities to make effective transitions, participate in positive learning, make career choices and achieve economic wellbeing.</p> |
|  Intellectual | <p>Children will experience personal, social, health education, emotional literacy, social skills and spiritual development. They will develop skills and attributes such as communication skills, managing peer pressure, risk management, resilience and decision making, preparing them for opportunities, responsibilities and experiences of later life.</p> |