

## PSHE

### Our learning values

Compassion	Friendship	Perseverance	Trust	Forgiveness	Thankfulness	
<p>Lympstone pupils care about themselves and others, valuing equity and inclusivity. They are supportive, empathetic and show respect. They aspire to learn and grow as individuals through understanding themselves, their relationships and the diverse world around them.</p>	<p>Lympstone pupils are collaborative. They support their class and school community. They listen to and value their peers. They are kind in their thoughts and actions, recognising that everyone's experiences and feelings matter.</p>	<p>Lympstone pupils are self-motivated. They take positive risks, build resilience and try again when they are challenged, taking pride in their personal development. They learn how to make safe, healthy choices and develop confidence in who they are.</p>	<p>Lympstone pupils ask questions to help them better understand themselves and others. They listen to and trust their teachers and the guidance they receive. They are reflective and courageous in exploring their feelings, beliefs and values.</p>	<p>Lympstone pupils move forward with their learning even when things go wrong. They start each new lesson and topic with an open mind, recognising that personal growth comes from experience and reflection.</p>	<p>Lympstone pupils are thankful for those around them and learn from each other in both knowledge and attitude. They value the opportunities they have to develop skills for life, preparing them to be responsible, respectful and active members of society.</p>	
<b>Our core themes:</b>	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Keeping Myself Safe	Being My Best	Growing and Changing
<b>Our disciplinary concepts:</b>	Safety	Caring	Achievement	Resilience	Friendship	

#### Curriculum Aims

- Know and understand how to stay safe and healthy, both physically and emotionally, and how to make positive choices that support wellbeing throughout life.
- Know and understand how to build and maintain caring, respectful relationships, recognising the importance of empathy, kindness, inclusion and mutual respect within families, friendships and communities.
- Understand key concepts related to personal development such as safety, responsibility, consent, fairness, diversity, rights and wellbeing.
- Develop the knowledge, skills and vocabulary needed to understand themselves and others, enabling them to ask questions, express feelings appropriately and seek support when needed.
  
- Be able to communicate their thoughts, feelings and experiences clearly through discussion, reflection and purposeful writing about real-life situations.
- Understand how to make informed decisions, manage risk, resolve conflict peacefully and recognise how actions can affect themselves and others.
- Develop resilience and perseverance, learning how to cope with change, challenges and setbacks while maintaining a positive sense of self-worth.

- Gain a strong sense of belonging and identity by understanding their role within their school, local community and the wider world, appreciating diversity and celebrating difference.
- Understand how to be responsible, active citizens who contribute positively to society and care for the world around them.