

# PSHE

**Personal**

**Social**

**Health**

**Education**



At Feniton C of E Primary School we aim to promote healthy, confident, independent and responsible members of society. Our pupils are given opportunities in PSHE & SEAL (Social and Emotional Aspects of Learning) lessons to understand how they are developing personally and socially, tackling many of the moral, social and cultural issues that are part of growing up.

We teach PSHE & SEAL in a variety of ways: as a discrete subject, through SEAL lessons, via our HEART values and through other subjects such as RE, History, Geography, Literacy, Maths and Science, as well as through outdoor educational visits, residentials and special projects.

How can you help your child at home?

- For younger children, encourage them to dress and undress independently and manage their own hygiene.
- Encourage your child to help you think about cooking and healthy recipes. Take them shopping and involve them in decision making and using money.
- With older children, use documentaries and other media to discuss issues around our place and responsibilities in society.
- Give plenty of positive encouragement and praise.

