



PSHE at Meadows.



At Meadows PSHE (personal, social, health and economic education) promotes children's personal, social and emotional development, as well as their physical and mental health and well-being. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen and also introduces them to some of the principles of sensible financial planning and understanding.



Building a delicious, healthy pizza!



A visit from Waitrose food experts.

At Meadows we promote the importance of making good choices with plenty of opportunities to explore different ways of keeping healthy, for example we regularly invite expert visitors from different fields, such as: the White Socks Theatre group who encourage sensible money management in a child-friendly way; sports and dance professionals who engage the children in the joy of dance and sports to promote physical fitness; food experts such as the chef, Idris and visitors from local shops, who provide examples and information about healthy food options. We also have visits from organisations such as NSPCC, with their 'Speak Out' mascot, Buddy, who provide a whole school assembly on speaking out and staying safe.





A visit from the hilarious and engaging White Socks Theatre group who promote sensible financial planning using entertaining routines and scenarios.

At Meadows First School we aim to help the children to:

- develop confidences and responsibilities and make the most of their abilities.
- prepare to play an active role as citizens.
- develop a healthy, safe lifestyle with the ability to make appropriate risk assessments.
- develop good relationships and respect the differences between people.
- understand some basic principles of finances.



PSHE education also promotes:

- **Spiritual development**, through fostering children's awareness and understanding of issues that involve differing beliefs and values in human society. It helps children develop self-knowledge through an exploration of their identity and belonging, their ideals and commitment and the meaning or purpose they see in life.
- **Moral development**, through helping children to acquire a critical appreciation of issues of right and wrong, justice, fairness, rights and obligations in society. Children have opportunities to explore the ethical and moral dimensions of legal, political, social, economic and environmental issues and to exercise responsibility at a personal and social level.
- **Social development**, through helping children to acquire the understanding and skills they need to become responsible and effective members of society. They develop an understanding of how society works and how decisions are influenced and made. They take part in community and social activities that help to promote personal and social skills. As a school we believe that bullying is unacceptable. We believe in tackling bullying by encouraging an environment where individuality is celebrated and individuals can develop without fear. We teach the children about the importance of developing healthy relationships.
- **Cultural development**, through helping children to understand the nature and role of the different groups to which they belong, to learn about the origins and implications of the diversity in society, and to develop respect for difference.

Opportunities to reflect on spiritual, moral, social and cultural dimensions occur through many aspects of PSHE education. Children are encouraged to consider their own views and opinions about them, for example, as they investigate and think about global and topical issues.

