Personal, Social, Health and Economic (PSHE) Education

Our Intent

At Fortitude School, PSHE is at the core of all we do and enables our children to become independent, confident, healthy and responsible members of society, as well as developing the 'whole child' intellectually, morally, socially and spiritually.

At our school, PSHE is taught both implicitly and explicitly every day, following a personalised curriculum that reflects the needs of our children and community.
Our school motto of "With fortitude and resilience we can all achieve our dreams" is at the heart of our PSHE teaching and also promotes our 3 C's values of Courage, Compassion and Commitment.

Our PSHE curriculum equips children with relevant and meaningful content, with a strong emphasis on emotional literacy, building resilience, and nurturing mental and physical health. With an ever-changing society, we prepare our children to understand the diverse world around them and to play a positive role in their school and the wider community. We want our pupils to view themselves as global citizens, and we aspire for them to grow into considerate, respectful and resilient individuals.

A key part of our curriculum is Relationships and Sex Education (RSE), which enables children to learn how to be safe and empowers them to have healthy, fulfilling relationships both now and in the future. Through our whole-school approach to PSHE, we believe that excellence in these areas leads to high aspirations across the curriculum and beyond. We aim for our children to see themselves as lifelong learners who know that with fortitude and resilience they can achieve their dreams.

Implementation

At Fortitude School, we take pride in our holistic approach to PSHE. Our carefully designed curriculum is taught through progressive half-termly units that are adapted to meet the needs of our pupils. These units allow children to develop knowledge, skills and understanding in areas such as:

Being Me in My World

Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me

Lessons take place throughout the week, covering a range of age-appropriate topics explored as a whole group with staff support. Progression in skills and knowledge is set out in our PSHE progression grid, ensuring a clear and consistent journey for every child.

Mindfulness, emotional regulation, and well-being strategies are embedded within lessons to support children in managing their emotions and developing concentration and resilience. This provision is enhanced through opportunities such as yoga, themed days and weeks, assemblies, special visitors, and links with the wider community.

PSHE is also woven throughout our wider curriculum and school life. Children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured, and they are encouraged to reflect on their place in the world. Our PSHE delivery ensures pupils explore diverse beliefs, values and attitudes, helping them to understand themselves, respect others, and value difference.

Impact

By the time children leave Fortitude School, they will:

Demonstrate fortitude and resilience.

Show kindness and compassion towards themselves and others.

Have the courage and commitment to try new things, challenge themselves and persevere.

Take responsibility for their actions.

Have a strong understanding of how to stay safe, healthy and build positive relationships.

Understand the physical aspects of RSE at an age-appropriate level.

Be able to understand and manage their emotions.

Have the skills to look after their mental health and well-being.

Appreciate what it means to be a positive member of a diverse, multicultural society.

Demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty.

Approach a range of real-life situations with the skills and attributes to navigate modern life.

Be inspired to work towards achieving their dreams.

At Fortitude School, we prioritise physical and mental health, equipping children with the skills to evaluate their own needs, practise self-care, and contribute positively to the well-being of others. We are committed to creating a safe and nurturing environment where all are valued and respected. Children develop the vocabulary and confidence to articulate their feelings, and to know when and how to seek support.

Through our PSHE curriculum, we aim to have a positive impact on the whole child – intellectually, morally, socially and spiritually – helping them to grow into caring, respectful, responsible and

confident individuals and citizens.

What is PSHE Education?

PSHE Education (Personal, Social, Health and Economic Education) is a planned programme of learning through which children acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. At Fortitude School, PSHE is an integral part of our personalised curriculum and whole-school ethos. It develops the qualities and attributes pupils need to thrive as individuals, family members and members of society, and underpins our commitment to developing the whole child.