



# PSHE at Huntington Primary Academy

At Huntington Primary Academy, personal, social, health and economic (PSHE) education is an important and necessary part of our curriculum. PSHE is interwoven into every curriculum subject as we understand the importance of these areas to our children's learning and development. We tailor our PSHE programme to reflect the needs of our children to equip them with a good understanding of the world around them. It also gives them the knowledge and skills necessary to make safe and informed decisions.

## Anti Bullying Week

Anti-Bullying Week highlights bullying. It ensures children understand, recognise and can take action against bullying.

## Health and relationship education

We teach our children how to relate to others. In years 5 and 6, we teach them about their own physical and emotional changes.

## Circle Time

We use circle time in each year group. Circle time exists to nurture the emotional health of our children. It develops social and emotional literacy, learning to provide supportive listening, feeling empathy and acquiring a language for sharing feelings and ideas.

## Health and fitness

We promote physical activity and choosing a diet to encourage a healthy lifestyle.

## Growth Mindset

We teach our children to have a Growth Mindset. We believe that intelligence and abilities can be developed through effort, persistence, trying different strategies and learning from mistakes.

## Fairtrade

We understand the need for our children to be global citizens. Understanding and promoting Fairtrade happens throughout the year, especially during Fairtrade week.