



Lake Haven PSHE and RSE Curriculum A Special Place to Learn

Intent

At Lake Haven we are passionate that high quality lessons and bespoke interventions to support mental and physical wellbeing are central to all that we do. We understand that the modern world presents all children with a wide range of challenges and, if they do not have the knowledge, skills and support necessary to overcome them, this can cause long-term damage to their sense of self, their resilience and their future life chances. As our children have all been identified as having significant anxiety needs, we know that they are facing greater challenges than most; and we are committed to helping them develop an understanding of, and positive coping strategies for, the trials and dilemmas that come their way.

We enable our children to explore their own personal identity, to celebrate the many gifts and talents that they have;

and to develop strategies and resilience to deal with difficulties. Ultimately, we empower our children to take their rightful place and thrive in our society – now and in the future.

Our key aims are to:

- Empower our children with knowledge and confidence so that they adopt life-long habits and behaviours which will help to protect them from physical and psychological harm.
- Enable them to develop an understanding of their own personal circumstances and needs (including possible medical and neurological diagnoses); so that they can learn to be kind to themselves – to recognise and celebrate their uniqueness, their strength and their worth.
- Provide them with a clear understanding of what safe and healthy relationships are, so that they can establish positive bonds with others, and recognise potentially harmful situations.
- Enable our children to become independent and responsible members of our diverse society; who are able to show respect, empathy, compassion and tolerance for others.
- Develop confidence and problem-solving skills in our children that enables them to safely navigate themselves through issues that arise as they are growing and changing.
- Start our children on a life-long journey of appreciating their rights and responsibilities; so that they can contribute positively to society, maintain their own mental, physical and economic well being, and lend their voice to help vulnerable people overcome adversity or discrimination.

Implementation

At Lake Haven we have bought into the scheme provided by Coram Education for KS2 and Jigsaw for KS3 and KS4. This curriculum path was chosen as it provides a curriculum which is carefully sequenced and interconnected; and which enables our children to develop personally and socially as they move through our school - age appropriately. Our PSHE &

RSE Curriculum is taught weekly and each KS will be taught in their own cohort groups to remain age appropriate at all times. Each session builds on session by session and then year on year to ensure a progressive knowledge is gained.

As with all areas of our curriculum, it is important to remember that all of our children have significant gaps in their learning due to the experiences that have brought them to Lake Haven – indeed, most of our children have not been able to access the full curriculum for some considerable time before joining us. As explained in our Curriculum Policy, this means that many of our children are working at a level below their chronological age whilst we support them to re-engage with education and enjoy high levels of interest and success, which help them to rebuild their self-esteem and start to value their own social and academic achievements. However, we do believe that the PSHE and RSE needs to be taught at an age appropriate levels and all of our staff will support the learners during these lessons to ensure an understanding is gained in their appropriate ways.

As all of our children also have an EHC Plan and have been identified as currently having significant anxiety needs (along with additional neurological diagnoses in many cases) our team continually carry out risk assessments and observations to identify the changing needs of our children and put suitable provision and interventions in place to support them and their peers.

Lake Haven will follow the material produced by PSHE Association and we will deliver the material weekly, yet sessions to work on the children's own EHCP or individual target will be completed daily.

For our Key Stage Three and Four Curriculum children, the Jigsaw scheme builds securely on the previous stages and enables the children to deepen their knowledge and understanding of personal and social issues. They explore the impact of peer group pressure on their relationships and actions, and investigate what it means to be an ally. As they start to transition into adolescence, our children learn about the physical and hormonal changes that puberty brings; as well as how it may impact upon their emotional wellbeing, personal identity and relationships. As our oldest children prepare to leave Lake Haven, they are also equipped with the skills and knowledge about how and where they can seek support in the future.

In order for our children to know more and remember more – and to apply their growing knowledge to their personal circumstances – prior learning is always considered; and opportunities for the revision of facts and understanding are built into all lessons and interventions. Through revisiting and consolidating skills and understanding, our approach helps children build on existing knowledge whilst introducing new ideas and challenges.

In addition to lessons and interventions in class, our children’s daily interactions with all staff across the school helps to embed our key messages and aims. The school also regularly participates in national events to raise awareness; such as Children’s Mental Health Week and Safer Internet Day. We also deliver an Everyone’s Welcome assembly which addresses many issues in particular around the protective characteristics where we discuss how individuals can overcome adversity. Lake Haven is determined to support our students to become fabulous citizens of Modern Britain and dedicate a week to various concerns. For example we have an environmental week and ensure our students understand their wider world.

Impact

Through our curriculum, specialist approach and quality first teaching, we will see the impact of this subject in different ways. Our children will be engaged in lessons and conversations about personal and social issues at a developmentally-appropriate level; and will acquire the knowledge and skills to engage in safe relationships and start to make informed, positive choices about their lives and their future. Evidence collected will show that a range of topics are being covered; and that our carefully sequenced and inter-connected approach to learning is enabling our children to develop a greater understanding of both their own, and other people’s, behaviour and actions.

Ultimately, our children will have the confidence, knowledge and skills to help them overcome adversities and become increasingly independent in planning for and taking steps to achieve the positive futures that they deserve

Cultural Capital

At Lake Haven we wish for all of our learners to be provided with the very best opportunities that we can offer. Being placed in an independent special school will not be at a detriment to any of their opportunities as they leave school and embark on a career alongside their mainstream peers. We therefore, consider cultural capital an important element of all of our subjects to ensure they are given the equal opportunities for all. Our sessions will remain based around the SPELL learning framework recommended by The National Autistic Society giving our children, Structure, Positive Approaches, Empathy, Low Arousal and Links. This framework gives our learners a chance to understand the world around them, but also see a place for them in this world. Considering our ethos for a place of nurture, belonging and respect, our PSHE curriculum will support our children but also provide that opportunity for double empathy. To enhance our learning further, we will ensure that the children

**Lake Haven: PSHE, RSE & Protective Behaviours Curriculum
A Special Place to Learn**

NB: As well as comprehensively covering the units listed above, the Anxiety and any SEMH needs of our children mean that we also offer bespoke learning interventions and opportunities for all of our children, tailored carefully to their specific needs at any given time. Our Family Support Lead also carries out work in the home with families who need additional support.

