



Lake Haven PSHE and RSE Curriculum A Special Place to Learn

Intent

At Lake Haven, we recognise that pupils' mental health, emotional wellbeing and personal development are fundamental to their ability to learn, thrive and succeed. All our pupils have been identified as having significant anxiety related needs and have experienced disrupted education, and all pupils have an Education, Health and Care Plan (EHCP). Our PSHE and RSE curriculum is therefore designed to be trauma-informed, inclusive, carefully sequenced and responsive to individual needs. We also ensure that all children have access to bespoke pastoral time with a trusted adult at least weekly.

Our intent is to provide pupils with the knowledge, skills and understanding they need to:

- understand themselves and their emotions as best they can
- develop positive self-identity and self-worth, celebrating their many gifts and talents

- build safe, healthy and respectful relationships
- recognise and manage risk and keep themselves safe, both on- and offline
- prepare for adulthood and participation in modern British society

The curriculum supports pupils to develop resilience, independence and confidence, enabling them to overcome adversity and make informed, responsible choices now and in later life.

Our key aims are to:

- Equip our children with accurate, age and stage appropriate knowledge and strategies that support lifelong physical and mental wellbeing and safeguard them from harm.
- Enable our children to understand their own strengths, needs and individual circumstances (including medical, emotional and neurological needs); so that they can be kind to themselves.
- Teach pupils how to recognise and establish safe, healthy and respectful relationships, and to identify and respond appropriately to unsafe or exploitative situations.
- Develop pupils' social awareness so they can demonstrate respect, empathy, tolerance and compassion within our diverse society.
- Build problem-solving, decision-making and emotional regulation skills that support pupils through change, challenge and adolescence.
- Support pupils to understand their rights and responsibilities and to develop the confidence to contribute positively to society, maintain their own mental, physical and economic well-being and challenge discrimination or injustice.

Implementation

Lake Haven follows a planned, progressive and well-sequenced PSHE and RSE curriculum using:

- **Jigsaw PSHE**

This scheme has been selected because it:

- aligns with statutory guidance of the DFE 2025 to be implemented
- offers clear progression in knowledge and skills
- is adaptable to meet the needs of pupils with SEND

PSHE and RSE are taught weekly within key stage cohort groups to ensure content remains age-appropriate while being sensitively adapted to meet individual learning and emotional needs. Learning builds lesson by lesson and year by year, ensuring pupils revisit and deepen their understanding over time.

Recognising that many pupils are working below age-related expectations and have gaps in their knowledge, due to prior experiences, teaching is:

- highly scaffolded
- supported by trusted adults
- adapted through visual supports, discussion, modelling and therapeutic approaches

While content remains age-appropriate, delivery is personalised to ensure pupils can access, understand and apply learning in ways that are meaningful for them.

SEND, Safeguarding and Pastoral Support

All pupils at Lake Haven have an EHCP and most present with complex anxiety and additional needs. Staff continuously monitor pupils' emotional wellbeing through observation, assessment and review and lessons are adapted accordingly to ensure pupils feel safe, supported and regulated during PSHE and RSE learning.

In addition to weekly PSHE lessons, many children receive daily targeted interventions linked to their EHCP outcomes and individual targets reinforce key skills such as emotional regulation, communication, self-care and relationship-building.

Safeguarding is integral to the curriculum. Pupils are explicitly taught:

- how to recognise unsafe situations
- how to seek help and report concerns
- who trusted adults are, both in school and beyond

The Jigsaw PSHE + RSE scheme enables pupils to:

- explore peer influence, pressure and consent
- understand allyship, equality and protected characteristics
- learn about puberty, physical development and emotional changes
- develop strategies for managing relationships and personal identity during adolescence

As pupils prepare for transition beyond Lake Haven, the curriculum increasingly focuses on:

- independence and self-advocacy
- accessing support services
- preparing for adulthood and community participation

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. Our children’s daily interactions with all staff across the school also helps to consistently 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 deliver Everyone’s Welcome assemblies which address many issues, in particular around the protected characteristics where we discuss how individuals can overcome adversity. Lake Haven is also determined to support our students to become fabulous citizens of Modern Britain and regularly dedicate themed weeks to various concerns that develop their understanding of the wider world and their responsibilities as its citizens.

Impact

The impact of the PSHE and RSE curriculum, specialist approach and quality first teaching is evident through:

- pupils’ engagement in discussion and learning at an appropriate developmental level
- improved emotional regulation and communication skills
- increased confidence in identifying feelings, boundaries and safe relationships

- pupils' ability to make informed choices and seek support when needed

Assessment is ongoing and proportionate, using observation, pupil voice, work outcomes and pastoral records. Evidence demonstrates that pupils are:

- retaining key knowledge over time
- applying learning to real-life situations
- developing greater understanding of their own behaviour and that of others

Ultimately, over time, our children will leave Lake Haven better equipped with the confidence, skills and self-awareness needed to manage challenges, build positive relationships and move towards the fulfilling and independent futures they deserve.

Cultural Capital

At Lake Haven we wish for all of our learners to be provided with the very best opportunities we can offer. Everyone is committed to ensuring that being educated in an independent special school does not limit our pupils' future opportunities. Our PSHE and RSE curriculum plays a vital role in developing pupils' **cultural capital**, enabling them to access experiences, knowledge and skills comparable to their mainstream peers.

The curriculum is underpinned by the **SPELL framework** (Structure, Positive Approaches, Empathy, Low Arousal and Links) recommended by the National Autistic Society. This approach ensures learning is predictable, respectful and emotionally safe, while promoting mutual understanding and empathy.

Through PSHE and RSE, pupils gain:

- an understanding of the wider world and their place within it
- opportunities to explore diversity, equality and British values

- skills to navigate social, economic and cultural contexts

This supports Lake Haven's ethos of nurture, belonging and respect, and prepares pupils to participate confidently and positively in society.

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 Communication and Interaction 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.

