

PSHE at St. Luke's



Our vision

Our vision for PSHE at St Luke's is to create a supportive environment that fosters emotional well-being, inclusivity, and strong relationships.

We aim to empower children with the skills to make informed choices and build resilience for the future. Children will build on and develop their social, moral, spiritual and cultural and self awareness skills.

Why do we teach PSHE?

Teaching PSHE is essential for fostering emotional well-being, social skills, and informed decision-making among students. It empowers children to manage their emotions, build positive relationships, and appreciate diversity while developing their self-esteem and confidence. By equipping them with essential life skills, PSHE prepares students to navigate challenges and responsibilities as they grow, ultimately nurturing responsible and empathetic individuals.

PSHE creates a safe space for discussions about important issues, allowing students to express their thoughts and feelings. This foundation is crucial for developing informed, active citizens who contribute positively to their communities.

What does PSHE look like at St. Luke's?

At St. Luke's, we teach PSHE using the Jigsaw scheme which is structured and engaging, focusing on emotional literacy, relationships, and personal development. PSHE is interwoven within the unique Christian fabric of St Luke's. Each jigsaw piece is designed to promote key skills such as empathy, resilience, and teamwork through interactive activities.

Lessons often include group discussions, role-playing, and creative projects that encourage students to express their thoughts and feelings. Themes cover areas like mental health, healthy relationships, and diversity, ensuring students build a strong sense of self and community. Overall, PSHE at St. Luke's aims to develop confident, caring individuals ready to face life's challenges.

PSHE Key Concepts

	Resilience
	Aspiration
	Expression
	Citizenship
	Health and Wellbeing

What learning opportunities are there?

Pupils will get to know the local area and community better, through visits to local churches and Kingston mosque and visitors from the local community, for example Kingston Fire Service. Younger pupils are supported by pupils in upper Key Stage 2 as part of our buddy system. Children also have the opportunity to join the school council to share their views.

"I like PSHE lessons because it helps us talk about our feelings. We get to share our ideas, which makes me feel happy and confident!"

A Year 5 pupil.

"The activities and games are really fun, and they make it easier to understand how to make good choices and be kind."

A Year 2 pupil.

