

Our Vision for PSHE at The Milford Academy

At The Milford Academy, our vision for the PSHE curriculum is to develop and empower all our learners with the knowledge, skills and values to navigate life with confidence, resilience and integrity. We are committed to ensuring our students grow into well-rounded individuals, prepared for the challenges and opportunities of the modern world.

Intent

At The Milford Academy, our PSHE curriculum is specifically tailored to provide a high-quality, broad, and rich educational experience that supports the wider development of every student and meets the unique context of our school.

Through carefully planned lessons, real-world applications, and meaningful discussions, we foster resilience, empathy, and independence, empowering all individuals to contribute positively to society. Our PSHE provision not only supports academic progress but also nurtures essential life skills, helping students to develop into well-rounded, responsible, and confident citizens. Children will be taught to have respect for themselves, and for others, within our local, national and global communities.

We aim to develop key character skills, including decision making, informed risk taking, good communication, and self-regulation strategies. We encourage the exploration of, and respect for, values held by different cultures and groups within our local community, and promote the development of positive attitudes. We encourage honesty and respect in all relationships, and nurture sensitivity to the needs and feelings of others.

We aim to enable children to develop a deepening knowledge of their health and wellbeing, including their mental and physical health. We aim to equip children and young people with information, skills and values to understand and to be able to cope with the physical and emotional changes that happen during puberty. The information provided will be relevant and appropriate to the age and maturity of pupils.

Implementation

To ensure high standards of teaching and learning in PSHE, we implement a curriculum that is coherent and sequential throughout the whole school. PSHE is taught during weekly sessions using predominately the SCARF (Coram Life Education) lesson plans and resources. To tailor our curriculum, resources and supporting materials are sought from other sources such as the PSHE Association. Outside providers are welcomed into school to deliver aspects of the curriculum: DAaRT (Life Skills Education), the NSPCC and The GREAT Project (Equation) and to also support staff CPD.

The objectives for PSHE are also delivered throughout other curriculum areas and within our assemblies. Our approach to all lessons encourages critical thinking, problem-solving, and open dialogue, ensuring students feel safe and supported in exploring sensitive topics.

Impact

Our PSHE curriculum is coherent and sequential and the impact it has on our students is measured in a combination of ways. We measure whether the relevant skills, knowledge and attitudes have been gained in lesson assessment activities; gathering of pupil voice; participation in the Nottingham City Health and Wellbeing Survey; improvements in mental wellbeing and behaviour and an increase in academic achievement.