

PSHE (Personal, Social and Health Education)

SEAL (Social and Emotional Aspects of Learning)

PSHE helps to give children the knowledge skills and understanding they need to live confident, healthy and independent lives and to interact with others in a positive and productive way.

At Oughtibridge, PSHE/SEAL is well embedded into the curriculum. It is taught as a discreet subject, as part of other subjects and through a whole school approach. We teach PSHE through a variety of activities such as Forest Skills, circle time and small group activities.



Each year a whole school themed-week is held to promote an aspect of PSHE. This year we held an anti-bullying week which promoted friendship and e-safety. During the week the whole school came together to address the issue of bullying by highlighting the importance of friendship. Through a range of activities, including a visit from a theatre group, each year group was given the opportunity to share emotions and responses which developed their sensitivity to the needs of others. In addition, the children learned about the value of and need for trust, honesty, support and reliability.



Since January 2006 we have been involved in an exciting, national initiative, known as SEAL (Social and Emotional Aspects of Learning), which gives recognition to the links between emotional and social well-being and the ability to benefit from learning opportunities. This project is helping to raise the profile of PSHE and providing us with training and resources to improve teaching and learning experiences.

As part of our PSHE/SEAL we understand the significance of teaching children about staying healthy. We are a National Healthy School and have achieved awards for this for a number of years. We also teach the children about the importance of looking after themselves and the environment. Through this we have achieved an award for being an 'Eco Schools Green Flag' holder which flies on the top of our school.