



Personal Development at Pensans C.P. School



PERSONAL DEVELOPMENT AT PENSANS SCHOOL





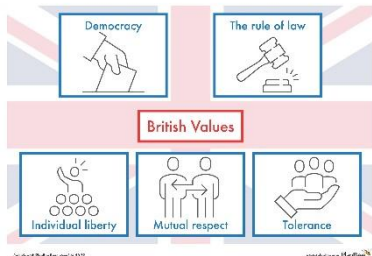
Personal Development at Pensans C.P. School



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 9 AREAS of PERSONAL DEVELOPMENT Pensans Community Primary School 		
SMSC SPIRITUAL MORAL SOCIAL CULTURAL 	PSHE (Wider safety, economic understanding, understanding of technology & media) 	BRITISH VALUES 
RSHE - RELATIONSHIP & SEX EDUCATION (PSHE) 	CHARACTER 	INCLUSION & EQUAL OPPORTUNITIES 
RSHE - Physical Health & Mental Wellbeing (PSHE) 	WIDER OPPORTUNITIES 	CITIZENSHIP 



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What does Personal Development Look Like at Pensans Community Primary School?

SMSC

Spiritual, Moral, Social and Cultural Development

PENSANS CARES (C)ommunity (A)spirational (R)elationships (E)xperiences (S)uccess

Our children's spiritual, moral, social and cultural development and, within this, the promotion of fundamental British values, are at the heart of our school's vision and ethos:

Throughout our broad curriculum, daily timetables, assemblies, trips, newsletters and social media, we endeavour to embrace every opportunity to enable every member of our school community to personally develop. We want all our children to live happy, healthy and productive lives and have hopes and dreams for their future.

We are committed to providing an ambitious curriculum which inspires and engages, sparking a passion towards learning. We want to create drive and determination in our children encouraging them to make a difference in our world whilst developing their spiritually and faith.

Spiritual: Explore beliefs and experience; respect faiths, feelings and values; enjoy learning about oneself, others and the surrounding world; use imagination and creativity; reflect.

At Pensans faiths and values are not only taught explicitly in RE but also celebrated in assemblies and where possible school visits. The cultural diversity within each classroom is shared through the staff knowledge of the children. Creativity is celebrated. Children have the opportunity to appreciate the natural world we live in, through the extensive outside environment and the weekly Forest School learning that all children experience.

Moral: Recognise right and wrong; respect the law; understand consequences; investigate moral and ethical issues; offer reasoned views and have an appreciation of the British Values: Democracy, Rule of Law, Respect & Tolerance and Individual Liberty

Through the relationship policy and the school ethos, there is an understanding of right and wrong, that people do make mistakes but can also show honesty, integrity and do the right thing. All staff are involved in challenging behaviours which appear not to be right and support children in understanding different options in behaviour. Children know that there are consequences for behaviour and know the school rules. There is an emphasis on positive behaviour rather than sanctions.

Social: Investigate moral issues; appreciate diverse viewpoints; participate, volunteer and cooperate; resolve conflict; engage with the fundamental values of British democracy.

Children and staff are always encouraged to work and learn as a team, using others to improve their own performance and learn from others. At Pensans children have an understanding of how to be emotionally intelligent, to cooperate and communicate effectively.

	Cultural: Accumulation of knowledge, behaviours, and skills that children can draw upon and which demonstrates their cultural awareness, knowledge and competence; it is one of the key ingredients a pupil will draw upon to be successful in society, their career and the world of work. (The term 'Cultural Capital' is often used to describe this) To aspire and be successful academically and in the wider areas of their lives, children need to be given rich and sustained opportunities to develop their cultural capital. Appreciate cultural influences; appreciate the role of Britain's parliamentary system; participate in culture opportunities; understand, accept, respect and celebrate diversity. The Pensans School community is growing in cultural diversity with new pupils resettling in the UK within the school. We do celebrate Cornish culture and how this shapes us: festivals (e.g Mazey Day), traditions (e.g St.Piran's Furry Dance) and history (e.g tin mining). Staff are aware to present positively and knowledgeable about a range of culturally religious, ethnic and socio-economic communities. This is a growing area of development or personal development at school.
RSHE Relationship Education Link to: Relationships Education 32 Statements  RSHE and SEND Guide_for_families_Brc  Brook_LGBT_handout_2023_v02.pdf  Terminology-Guide-Final.pdf	Pensans School is built on the ethos of positive, respectful, healthy relationships. Relationships are integral to the Relational policy (positive behaviour policy), and the policy references neuroscience, Thrive/Trauma Informed Approach amongst others as the basis of how we support children to develop at Pensans School. Children are taught PSHE explicitly through lessons using 'Lifewise' as a resource, as well as complemented through assemblies and class discussion: Lifewise Relationships: • Families and people who care about me:- Relationships can give love support and security, characteristics of a committed, healthy family life, respect for a difference in family set ups, unhealthy family relationships • Caring relationships - Friendships are important in making us feel happy and safe, characteristics of friendships, how to resolve difficulties, trust and how to seek help in unhealthy friendships • Respectful relationships- Respecting those different physically, personality, background, courtesy and manners, self-respect, bullying, stereotypes and consent • Online relationships- People can behave differently online, how to maintain respectful relationships and how to report if there is a unhealthy or unsafe relationship, how data is shared • Being safe- Understanding boundaries (including online), privacy, unsafe and safe contact (including Bubbles to Protect), recognise and report feelings of feeling unsafe Relationship education is statutory and the 32 statements are found in the link Children with SEND are supported to get the information they need. Terminology to support staff with reference to LGBT relationship Handout on LGBT Terminology



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RSHE – RELATIONSHIP & SEX EDUCATION

Pensans School seek to use the very best resources to support the learning of Relationship & Sex Education. The resources which the school use are taken from Lifewise, Brooke and Christopher Winter Project. Brooke offer information leaflets on menstruation, LGBT terminology guidance & consent. There is also valuable information on supporting children with SEND and their families on understanding relationships and sex education which we have built into the curriculum.

Children are taught RSHE explicitly through lessons using 'The Christopher Winters' resource. Sex Education is not compulsory BUT puberty, naming external body parts, human development from birth to old age and reproduction in animals must be taught to all pupils because it is part of the **Science National Curriculum** in primary schools. Children are given through science as well as Sex Education, information to be well prepared for adolescence. If appropriate, gender identity is discussed sensitively and respectfully. Correct vocabulary is used and misconceptions are addressed. Consent is prioritised as a focus for discussion. The law and unhealthy relationships are discussed when appropriate. Any safeguarding concerns will be reported to the DSL/DDSL and parents/carers if necessary.

Christopher Winters Project

- Rec - Family & Friendship
- Y1 - Growing & Caring for Ourselves
- Y2 - Differences
- Y3 - Valuing Differences & Keeping Safe
- Y4 - Growing UP
- Y5 - Puberty
- Y6 - Puberty, Relationships & Reproduction

At Pensans our class structure can be subject to change and as such where mixed age groups are prevalent then a 2 year rolling programme will be established to cover all areas of PSHE/RSE appropriately.

RSHE – PHYSICAL HEALTH & WELLBEING

Physical Health & Well-Being:

- **Mental wellbeing** - There is a normal range of emotions people feel, children are taught a vocabulary linked to feelings, benefits of physical wellbeing on mental wellbeing, self-care, recognition of loneliness, bullying impacts mental wellbeing.
- **Internet safety and harms** - The internet has many benefits, the importance of screen time discussion, respectful online behaviour, and can have a negative affect on mental health. How to report concerns.
- **Physical health and fitness**- Benefits of a healthy lifestyle, risks associated with unhealthy lifestyle, how to report risks or concerns
- **Healthy eating** - Balanced diet and risks associated with unhealthy diet
- **Drugs, alcohol and tobacco**- Facts about harmful substances and risks



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	• Health and prevention- Recognise early signs of illness, dangers of the sun exposure, sleep, oral hygiene, personal hygiene and vaccinations • Basic first aid- How to call for emergency services, concepts of basic first aid • Changing adolescent body- Puberty
PSHE	As well as Relationship & Sex education, other aspects of PSHE include: • Wider safety - How to minimise common risks: road, safety, medicines, strangers. - At Pensans School we annually have visits from RNLI, Coastguards, Police, Fire Officers • Economic - choices about money, how to keep it safe, saving • Technology and media - Different forms of media and their impact, reliability of online content, risk in sharing content. Online safety from a part of the computing curriculum and is supplemented by E-Safety, Common Sense Education and is an important part of keeping children safe at Pensans School. We have extensive security measures and filtering in place in school (Netsweeper - Onguard) which are monitored both internally and externally, to help safeguard pupils from potential dangers or unsuitable material. Any e-Safety incidents are recorded and managed. E-Safety is taught to all pupils explaining and demonstrating how to stay safe and behave appropriately online.
BRITISH VALUES	The 4 aspects of British Values are part of our Pensans ethos, explicitly visited in assemblies, e.g Picture news and modelled in our relationships and processes. Children are encouraged to discuss the importance of each aspect and why each is important. • Democracy - The difference between countries ruled by a democracy and a dictator are revisited in assemblies - Democracy is practised when voting in our School Council annually Teachers and school visitors e.g LMC members, TPAT Curriculum leads, TPAT SHIP partner schools etc through subject monitoring and the SDP always include Pupil Voice opportunities in their class visits. The value of pupil voice to school leaders is important in continuously moving the school forward at the same time as giving children the stage to debate and be part of school improvement. - Governance and Monarchy are threads going through the substantive knowledge in our history curriculum, which regularly unpicks the meaning of democracy, how it started and periods in time, or countries, which are not governed by democracy • Rules of law - The rules of Pensans School are established with simplicity and referred to constantly 1) Follow instructions with thought and care. 2) Show good manners at all times. 3) Care for everyone and everything. Children understand that we have rules to keep us safe and happy - Children relate our school rules to the law and understand that we have laws in our country to keep us safe



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	● Individual liberty - Children understand that because of the sensible nature of law making (i.e. to keep us safe) we have the freedom to make our own choices. As long as we respect the rights of others, then we are free to pursue our ambitions, free from limitation and discrimination. In the UK our Human Rights are protected by law. At Pensans School, we believe that by encouraging and celebrating self-esteem, self-awareness and self-confidence, children are able to make their own decisions and stand up for what they believe in. ● Tolerance and respect - Children at Pensans School have the understanding that mutual respect is understanding that we do not all share the same beliefs and values. Society needs to repeat the values and beliefs of others whilst not imposing our own in order to live in a civilised world. For our children in their immediate context, it is about supporting a football team of their choice, or liking particular music, and ensuring that a lack of respect is appropriately challenged. In the wider context, staff are aware of the newly emerging cultural catchment of Pensans School and challenge stereotypes, ensuring that correct information is learnt and exposure to diversity across the curriculum is crucial to our children's lives.
CHARACTER	The ethos of the school is to celebrate when children achieve great things; whether these be small steps or great feats and whether these are different for different individuals. It is clear from this ethos that success and achievements comes as a result of hard work, graft, determination and resilience. At Pensans we have introduced our Enrichment Passport recognising accomplishments, achievements, attendance, and participation. This runs alongside the virtues that underpin the ethos and values of Pensans School and touches on all areas of our personal development curriculum. Progress leading to achievement is celebrated, rather than solely attainment and due to the opportunities given to our children, whether this is in the classroom, in sport, music or socially, there are many ways to excel and there is an ethos of being the best children, and staff, can be.
WIDER OPPORTUNITIES	At Pensans School there are a variety of clubs which children can sign up to termly, from Y1 to Y6. There is a range of sporting, art, music opportunities and others. The Headteacher analyses the take up each term using the TPAT Pupil Personal Development Tracker and reports to the Local Monitoring Committee how many children with SEND and PP attend clubs. This also allows us to identify any gaps which can therefore be addressed. The Headteacher also ensures that children who may have different needs have places to enhance their personal development, as well as overcoming any social barriers, or difficulties with parental engagement. There is a fair distributed participation across all vulnerable groups. All teachers are expected to run a Club. This gives them the opportunity to share their strengths and passion, and to work with children who may have strengths within these areas as well as developing new areas. Each term there is at least one opportunity for each year group to go on an educational visit to enhance their learning. From Y2-6 there are annual residentials e.g an overnight stay locally in KSI(Consort - St Ives), an overnight stay further afield in Lower KS2 (Plymouth) and a two - four night stay for Upper KS2 (City visit/Adventure)Children who come from



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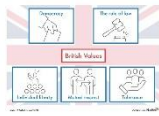


	financially disadvantaged backgrounds are given support via Pupil Premium. On each visit, there is a clear rationale on the intention of the visit. This academic year Pensans School were awarded a Legacy Grant following successfully achieving a grant from the Clore Duffield Foundation. This enables all pupils to have six fully funded school trips or visits in 2025 -26. Due to our demographic and geography this also included residential. All trips were free to all pupils. This year's Legacy Grant will enable all pupils three subsidised trips and continue to deepen our wider opportunities offer for our children.
CITIZENSHIP	Pensans - Community Aspirational Relationships Experiences Success. Our ethos is constantly referred to in classrooms, assemblies and in newsletters to show the importance of everyone contributing to our community. Children know that each member of the team is special and valuable. Through this, there is a common understanding of why schools need rules - to make people feel safe and happy (see British Values - Rule of Law). Being part of a democracy (link to British Values) is a crucial part of being a British Citizen. There is also an understanding shared within the community, not only in Pensans but in the national community, that people belong to different ethnic, religious or pressure groups and may have views and beliefs which may not be aligned to ours. Embracing positive aspects of a range of backgrounds can only enhance our own community and give opportunity to learn more. Being in a largely monocultural community, staff are aware to present children with many opportunities to discuss different identities within a community and inspire curiosity to find out more. Contributing as a citizen is explicitly referenced to throughout the year: Harvest Festival, Comic Relief, Sports relief and Children in Need, as well as singing for the elderly in a care home and being part of 'Treneere Team Spirit' at Christmas time. Local community events also hold an important part in the school calendar with children taking part in the St Piran's Day Furry dance and St Piran's concert - St John's Hall and the Golowan Festival - Mazey Day each summer. Children learn of the positive impact they can have on their local community and the wider national and global community. The school and wider community contribute to the Summer Fayre by organising stands to raise money. Children participate in fundraising opportunities such as the school 'Colour Run' in the summer. Our School Council have a wide reaching impact on the school. This develops and deepens children's understanding of fundamental British Values, seeing it in action, improving the school. Children in Year 5 attend a 'Life Skills' workshop annually where they are met and educated by members of the following services: Fire and Rescue, Bus, Tri-Service, Police, Great Western Railway, First Aid and Healthy School. This teaches children how to be responsible citizens and how the services are there to support the community.
INCLUSION & EQUAL OPPORTUNITIES	Children at Pensans understand that no one should be treated differently/less favourably because they belong to a specific group. It is also discussed that it may appear that some groups of children are treated unfairly, but children with different needs may need different levels of support. The 7 Protected characteristics (race, sex, gender, transgender, sexual orientation, disability, age and religion or faith) are introduced explicitly through inclusion assemblies, through the wider curriculum, as well as through texts used in teaching where groups with protected characteristics are represented. Pensans CP School Equality policy is key in developing an understanding of inclusion across the school.



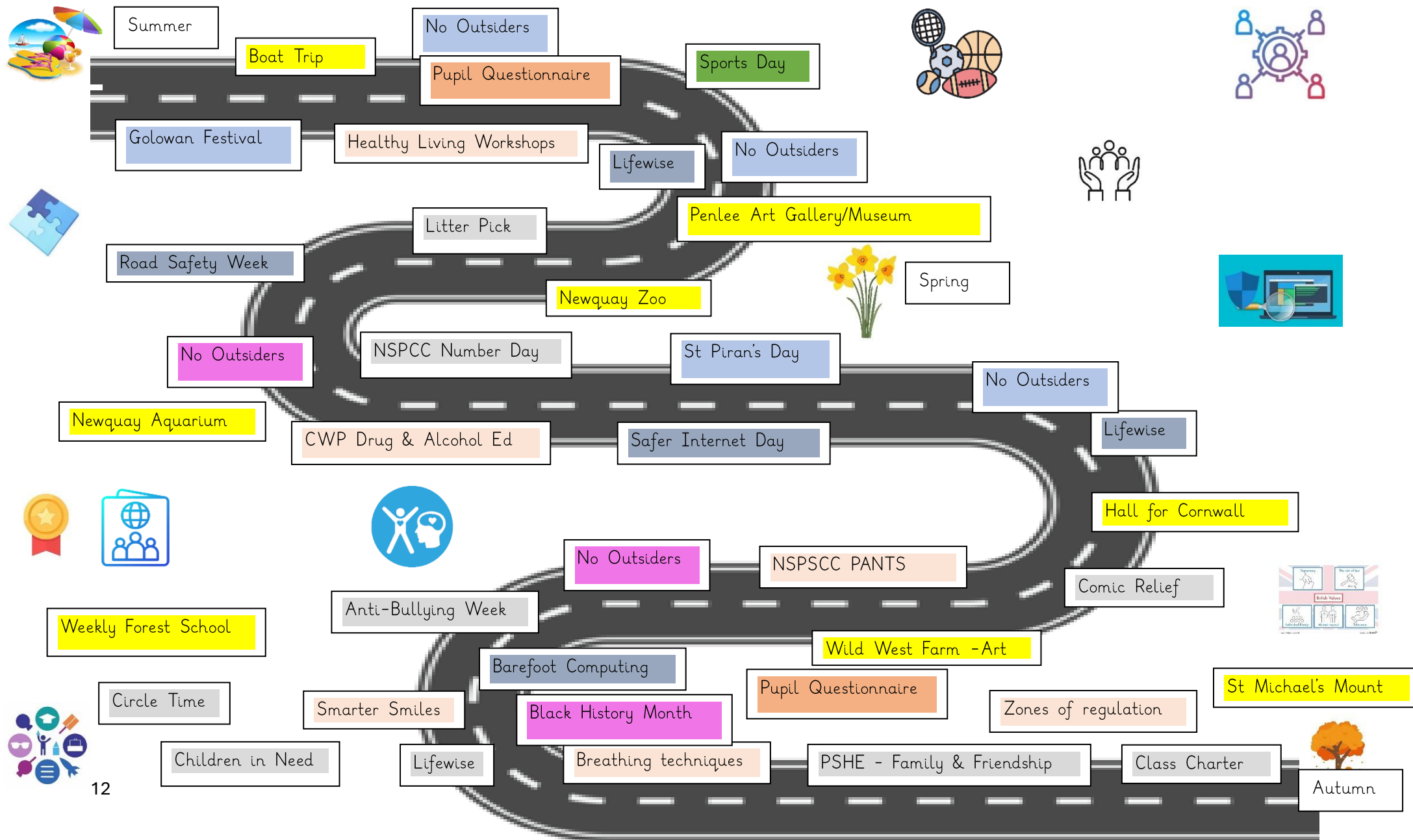
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 PERSONAL DEVELOPMENT MAP - GWITHIAN Reception Pensans Community Primary School 								
RSHE Relationship & Sex Education (PSHE)	RSHE Physical Health & Mental Wellbeing (PSHE)	PSHE (Wider safety, economic understanding, understanding of technology & media)	SMSC Spiritual, Moral, Social, Cultural	BRITISH VALUES	CHARACTER & CITIZENSHIP	INCLUSION & EQUAL OPPORTUNITIES	WIDER OPPORTUNITIES	SPORT
								
Christopher Winters Project Family & Friendship Lifewise Circle Time Anti-Bullying Week	Lifewise Zones of Regulation Breathing Techniques CWP Drug & Alcohol Education NSPCC PANTS Smarter Smiles Healthy Living Workshops	Lifewise Safer Internet Day Road Safety Week Barefoot Computing	Assemblies: Reverend Ralph, SonShine Celebration, Nativity No Outsiders NATRE Curriculum St Piran's Day Golowan Festival	Picture News Assemblies Democracy Pupil Questionnaire bi-annually See EYFS British Values Policy	Class Charter Star of the Week Comic Relief Children in Need NSPCC Numbers Day Recognition Board Litter Pick	No Outsiders Black History Month Assemblies	Clore Duffield Project: Wild West Farm - Art Project, The Ritz Theatre - Christmas production, Newquay Zoo, Newquay Aquarium Penlee/Newlyn Galleries, Boat Trip Weekly Forest School Sessions	Sports Lessons Sports Day



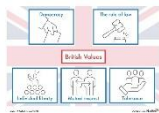
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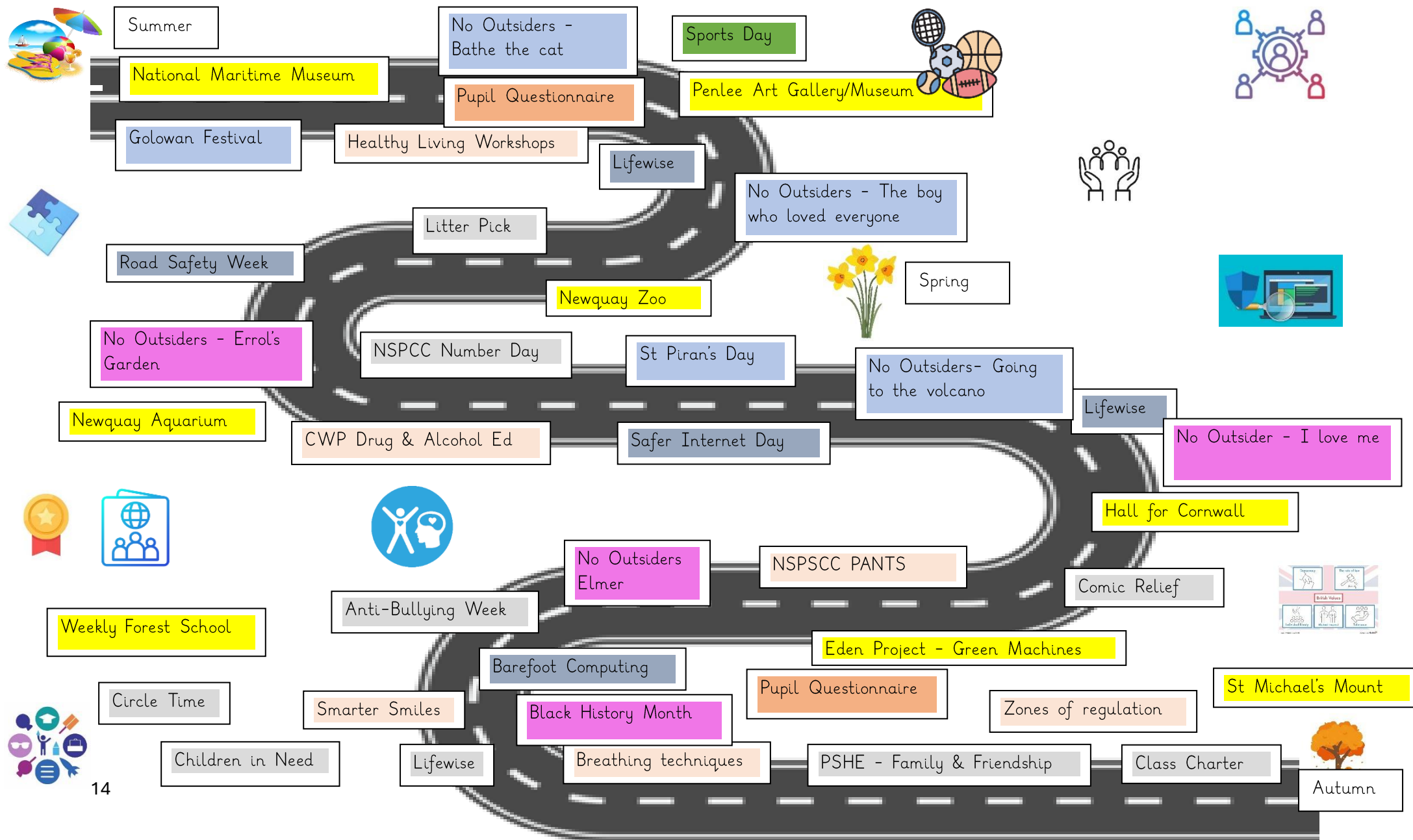
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 PERSONAL DEVELOPMENT MAP - GODREVY Y1 & Y2 Pensans Community Primary School 								
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Christopher Winters Project Growing & Caring For Ourselves Y1 Differences, Male & Female Animals, Naming Body Parts Y2 Lifewise Anti-Bullying Week	Lifewise Zones of Regulation CWP Drug & Alcohol Ed NSPCC PANTS Healthy Tuck	Lifewise Safer Internet Day CSE Online Safety	Assemblies: Reverend Ralph, SonShine Celebration, Nativity No Outsiders NATRE Curriculum St Piran's Day Golowan Festival	Picture News Assemblies Democracy Pupil Questionnaire bi-annually Pupil Voice School Council	Class Charter Star of the Week Comic Relief Children in Need NSPCC Numbers Day Recognition Board	No Outsiders Black History Month Assemblies	Clare Duffield Project: St Michael's Mount, Hall for Cornwall, Eden - Green Machines, Newquay Zoo, Falmouth Maritime Museum Ohort - St Ives Weekly Forest School Sessions	Sports Lessons Sports Day Colour Run



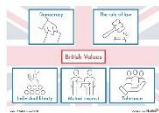
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 PERSONAL DEVELOPMENT MAP - Porthcurno Y3 & Y4 Pensans Community Primary School 								
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Christopher Winters Project Valuing Difference & Keeping Safe Y3 Growing Up Y4 Lifewise Anti-Bullying Week	Lifewise Zones of Regulation CWP Drug & Alcohol Ed NSPCC PANTS Healthy Tuck	Lifewise Safer Internet Day CSE Online Safety	Assemblies: Reverend Ralph, SonShine Celebration, Nativity No Outsiders NATRE Curriculum St Piran's Day Golowan Festival	Picture News Assemblies Democracy Pupil Questionnaire bi-annually Pupil Voice School Council	Class Charter Star of the Week Comic Relief Children in Need NSPCC Numbers Day Recognition Board	No Outsiders Black History Month Assemblies	Clore Duffield Project: St Michael's Mount Tate & Barbara Hepworth Museum, Hall for Cornwall, Eden - Crazy Chefs, Geevor/King Edward Mine Royal Cornwall Museum & Cathedral Plymouth - Matilda - Theatre Royal, Box Museum, Plymouth Aquarium Sleeping with Sharks Songfest St Piran's Concert Outdoor Learning Sessions	Sports Lessons Sports Day Colour Run

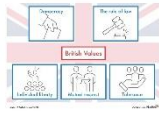


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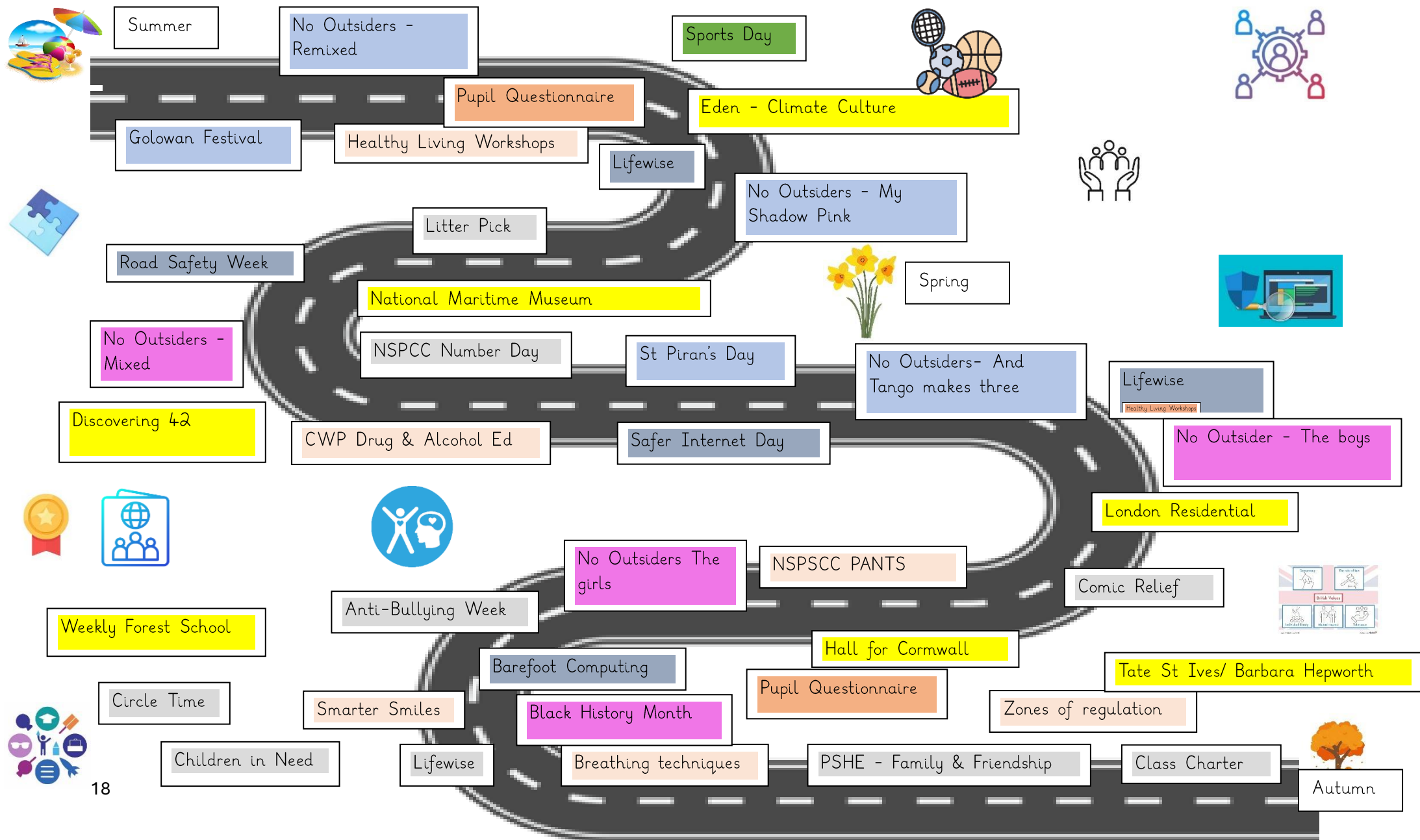
PERSONAL DEVELOPMENT MAP - SENNEN Y5 & Y6 Pensans Community Primary School



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Christopher Winters Project Puberty Y5 Puberty, Relationships & Reproduction Y6 Lifewise Anti-Bullying Week	Lifewise Zones of Regulation CWP Drug & Alcohol Ed NSPCC PANTS Healthy Tuck Healthy Living Workshops	Lifewise Safer Internet Day CSE Online Safety	Assemblies: Reverend Ralph, SonShine Celebration, Nativity No Outsiders NATRE Curriculum St Piran's Day Golowan Festival	Picture News Assemblies Democracy Pupil Questionnaire bi-annually Pupil Voice School Council	Class Charter Star of the Week Comic Relief Children in Need NSPCC Numbers Day Recognition Board	No Outsiders Black History Month Assemblies	Clore Duffield Project: St Michael's Mount Tate & Barbara Hepworth Museum Hall for Cornwall London Residential Falmouth Maritime Museum Discovering42 Science/Sustainability Museum Eden - Climate Culture Songfest St Piran's Concert Outdoor Learning Sessions	Sports Lessons Sports Day Colour Run



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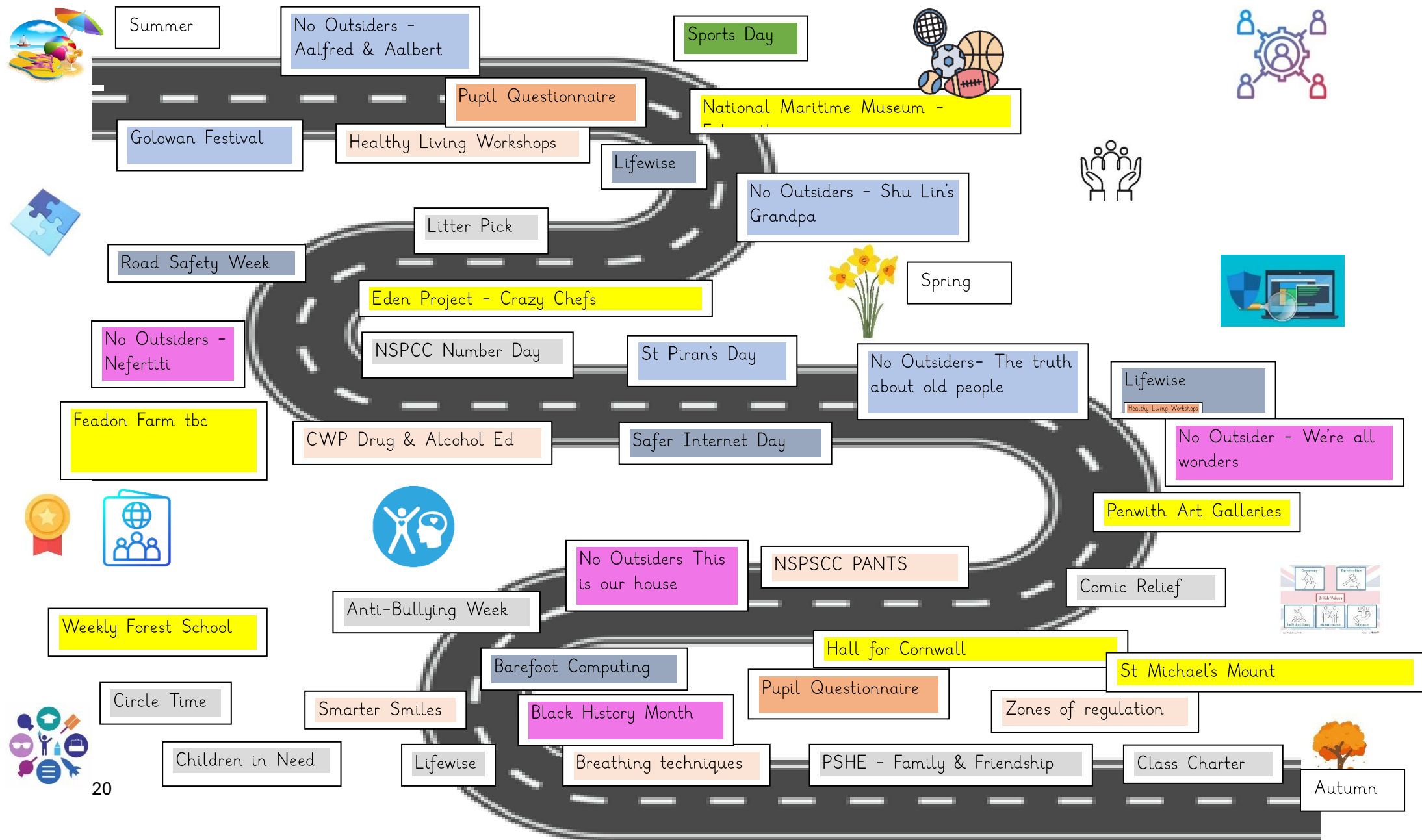


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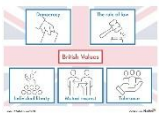
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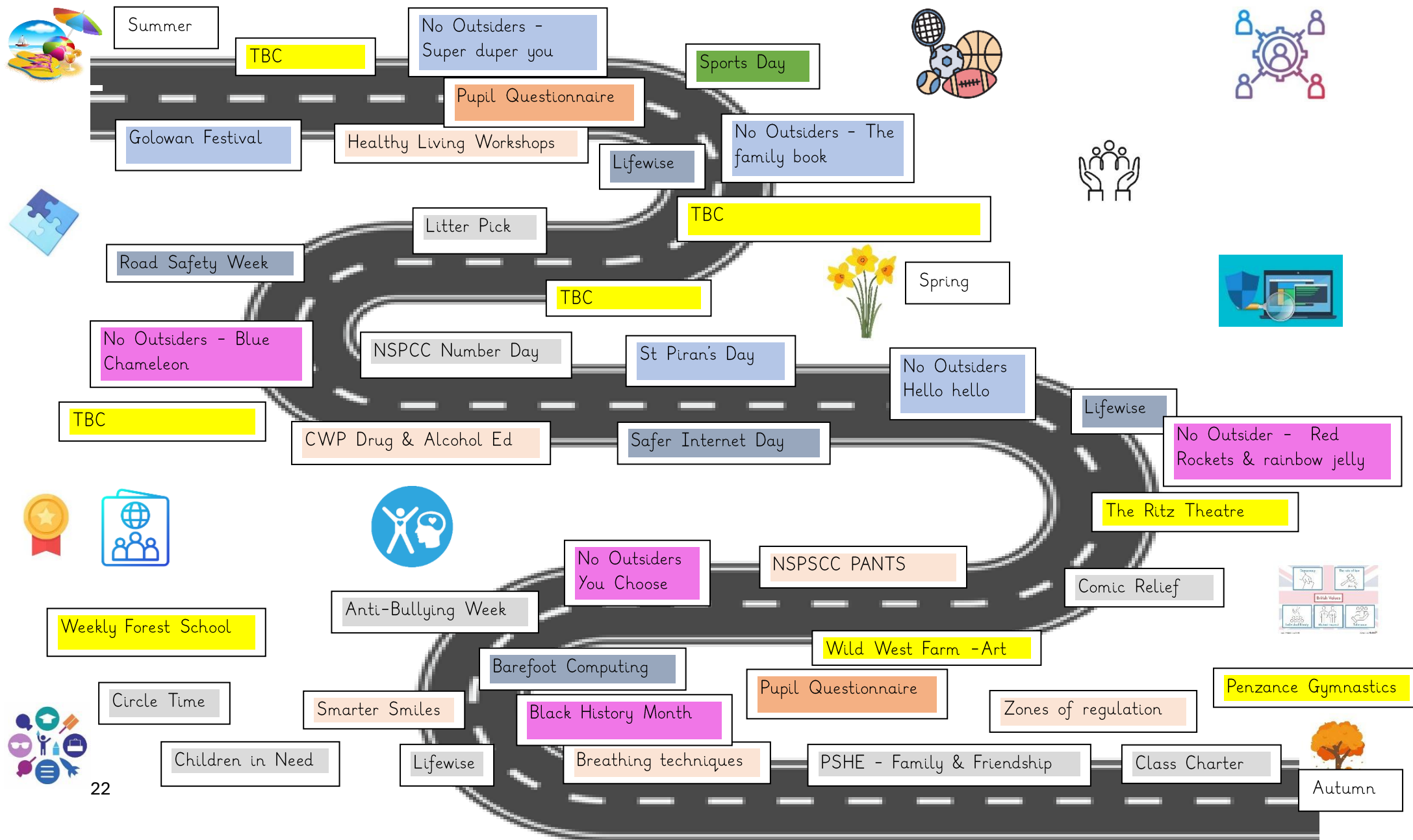
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 PERSONAL DEVELOPMENT MAP – PORTHMEOR Reception/KSI ARB Pensans Community Primary School 								
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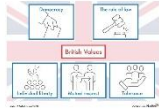
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 PERSONAL DEVELOPMENT MAP – PORTHMINSTER KS2 ARB Pensans Community Primary School 								
RSHE Relationship & Sex Education (PSHE)	RSHE Physical Health & Mental Wellbeing (PSHE)	PSHE (Wider safety, economic understanding, understanding of technology & media)	SMSC Spiritual, Moral, Social, Cultural	BRITISH VALUES	CHARACTER & CITIZENSHIP	INCLUSION & EQUAL OPPORTUNITIES	WIDER OPPORTUNITIES	SPORT
								
Christopher Winters Project Valuing Difference & Keeping Safe Y3 Growing Up Y4 Lifewise Anti-Bullying Week	Lifewise Zones of Regulation CWP Drug & Alcohol Ed NSPCC PANTS Healthy Tuck	Lifewise Safer Internet Day CSE Online Safety	Assemblies: Reverend Ralph, SonShine Celebration, Nativity No Outsiders NATRE Curriculum St Piran's Day Golowan Festival	Picture News Assemblies Democracy Pupil Questionnaire bi-annually Pupil Voice School Council	Class Charter Star of the Week Comic Relief Children in Need NSPCC Numbers Day Recognition Board	No Outsiders Black History Month Assemblies	Wild West Farm - Art Project, Hall for Cornwall - Pantomime Songfest St Piran's Concert Outdoor Learning Sessions	Penzance Gymnastics Sports Lessons Sports Day Colour Run



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