



PSHE Vision Statement

Intent

At Cotgrave Church of England Primary School, our Personal, Social, Health, and Economic (PSHE) curriculum equips children with the knowledge, skills, and values to thrive in an ever-changing world. We focus on developing emotional literacy, resilience, and empathy, helping children make informed decisions and build positive relationships.

In line with our Christian ethos, we encourage children to value themselves and others, understand their feelings, and become kind, confident, and compassionate members of their community.

Implementation

We follow the Kapow, which promotes emotional well-being through six key themes:

Children explore these themes through lessons, collective worship, and class discussions, developing key life skills and a deep understanding of how to care for themselves and others. Mindfulness activities and a focus on mental health further support their well-being.

Impact

Our children leave Cotgrave as emotionally intelligent, resilient, and caring individuals. They are well-prepared to face challenges, build healthy relationships, and make positive contributions to their community, living 'life in all its fullness.'