

# Personal Social Health Education

At Eversley Primary School we enable children to become confident, capable and caring individuals with a knowledge and understanding of the value systems found in Britain. We teach them to have respect for other peoples' views, to celebrate the diversity in society and gain an understanding of sex and relationships (SRE) at an age appropriate level.

Our aim is for all children to leave Eversley Primary School being able to reflect on their own experiences and to develop a personal response to the fundamental questions of life and understand the importance of physical activity and diet for leading a healthy lifestyle. In addition, we want the pupils to feel empowered to manage their mental health, developing their self-esteem and ability to express their own views and feelings.