

**Personal, Social, Health and  
Emotional Education (PSHE)  
Policy**

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## Statement of intent

Christ Church Primary School believes that a strong PSHE education is important to help our pupils develop into well-rounded members of society, who able to make a positive contribution to their community. Our PSHE curriculum is linked with our Christian values, our sex and relationship education (SRE) and pastoral care programme.

The vision for students, staff and others linked to our school is to always look to achieve our personal best in every aspect of school life.

- Our school is one where everyone is encouraged and supported to achieve their personal best.
- Our school is welcoming, inclusive, has a real community feel and is a place where everyone is valued.
- Our pupils and staff treat each other equitably, fairly, with kindness and with mutual respect. At all times, staff and pupils are encouraged to show a high regard for the needs and feelings of others through their actions and words.
- Our pupils and staff are enterprising and approach challenges with a 'can-do' attitude.
- The needs and interests of all pupils, irrespective of gender, culture, ability or aptitude, will be promoted through an inclusive and varied PSHE curriculum.
- Our environment is safe and clean with everyone sharing responsibility for it.
- Our culture is one of continuous improvement, creativity and enthusiasm.
- Parents and carers will be informed about the policy via the school website where it, will be available to read and download.

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Signed by:

Headteacher: \_\_\_\_\_ Date: \_\_\_\_\_

Chair of governors: \_\_\_\_\_ Date: \_\_\_\_\_

Review date: \_\_\_\_\_

## **1. Key roles and responsibilities**

- 1.1. The governing body has overall responsibility for the implementation of the school PSHE Policy.
- 1.2. The governing body has overall responsibility for ensuring that the PSHE Policy, as written, does not discriminate on any grounds, including but not limited to, ethnicity/national origin, culture, religion, gender, disability or sexual orientation.
- 1.3. The governing body has overall responsibility for reviewing the PSHE Policy.
- 1.4. The headteacher will be responsible for the day-to-day implementation and management of the PSHE Policy.
- 1.5. The PSHE co-ordinator is responsible for liaising with other staff and professional agencies to devise a suitable scheme of work to ensure a comprehensive PSHE education that achieves the aims laid out in this policy.
- 1.6. As required by statutory guidance, the governing body and headteacher will consult with parents to ensure that the SRE and PSHE policies reflect the needs and sensibilities of the wider school community.
- 1.7. The school will ensure that parents are routinely kept informed about their right to withdraw their children from PSHE and SRE education.

## **2. Aims of the PSHE curriculum**

### 2.1. Pupils will learn to:

- Understand what constitutes a healthy lifestyle.
- Understand safety issues, both in real life and online.
- Develop responsibility and independence within school which they will take forward into society in their working lives.
- Respect other people, in particular, learning to respect the different cultural/ethnic/religious/gendered viewpoints of others in our school community and the wider world.
- Understand what constitutes 'socially acceptable' behaviour at school and in society.
- Understand democracy.
- Develop good relationships with peers and adults.
- Develop self-confidence, self-esteem and self-worth.
- Develop a growth mind-set and a healthy emotional epicentre.
- Develop resilience and perseverance and the ability to learn from, and move on, in a positive way, from mistakes that are made.
- Make positive, informed choices as they make their way through life.
- Understand that they have a right to speak up about issues or events, and to respect other's right to do the same.

### **3. Teaching methods and learning style**

- 3.1. A range of teaching and learning styles will be used to teach PSHE. The main Scheme of work that the school will adopt is Heartsmart, a resource that builds resilience, emotional intelligence and active empathy in children.
- 3.2. Teaching will be pupil-led and there will be an emphasis on active learning techniques such as discussion and group work.
- 3.3. 'Ice-breaker' activities and clear ground rules regarding discussions will be put in place in order to ensure a safe, supportive and positive learning environment.
- 3.4. Pupils will have the opportunity to engage in investigations and problem-solving activities.
- 3.5. All pupils will be encouraged to take part in charity work and volunteering, as well as organising school events such as assemblies.
- 3.6. We will use visiting speakers, such as health workers and the police, to broaden the curriculum and share their real life experiences. Any such speakers must be closely monitored by the class teacher who should use their professional judgement to end a speech if they consider it to contravene any of the aims of this policy or the values of our school.
- 3.7. Pupils' questions will, unless inappropriate, be answered respectfully by the teacher.

### **4. Reporting and confidentiality**

- 4.1. Every lesson should reinforce that, if pupils have any personal concerns or wish to talk about any of the issues raised in the lesson; they should feel comfortable consulting their teacher or another member of staff about this.
- 4.2. Pupils will be encouraged to have an open dialogue regarding any such issues with the teacher but must understand that their teacher may not be able to keep certain information confidential, for example, where there are safeguarding issues raised. When a pupil does wish to speak to a teacher about any such issue, the teacher should ensure that the pupil is aware of this responsibility.

### **5. Tailoring PSHE**

- 5.1. Teaching will take into account the ability, age, readiness and cultural backgrounds of all young people in the class and will be tailored accordingly.
- 5.2. All pupils with special educational needs will receive PSHE education, with content and delivery tailored to meet their individual needs.

### **6. Key stage 1 and 2 programme of study**

- 6.1. The programme will cover:
  - What is meant by a healthy lifestyle.
  - How to maintain physical, mental and emotional health and wellbeing.
  - How to manage risks to physical and emotional health and wellbeing.
  - Ways of keeping physically and emotionally safe.

- Managing change, including puberty, transition and loss.
- How to make informed choices about health and wellbeing and to recognise sources of help with this.
- How to respond in various emergencies.
- Identifying different influences on health and wellbeing.
- How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts.
- How to recognise and manage emotions within a range of relationships.
- How to recognise risky or negative relationships including all forms of bullying and abuse, as well as how to respond to these and ask for help.
- How to respect equality and diversity in relationships.
- Respect for the self and others, and the importance of responsible behaviours and actions.
- Rights and responsibilities as members of families, other groups and ultimately, as citizens.
- Different groups and communities, and how to respect equality and be a productive member of a diverse community.
- The importance of respecting and protecting the environment.
- about where money comes from, keeping it safe and the importance of managing it effectively
- how money plays an important part in people's lives
- A basic understanding of enterprise.

## **7. Assessment**

Pupils' knowledge and understanding is assessed through formative assessment via question and answer sessions, discussion groups and quizzes. The caring and positive ethos of our school will be an effective tool to measure the effectiveness of our PSHE curriculum.

## **8. PSHE coordinator**

1.1 The PSHE coordinator will:

- Raise awareness amongst teachers and other staff of their contribution to the pupils' personal and social development.
- Agree the overall aims, objectives and priorities of the PSHE curriculum.
- Establish a shared view of best practice to which all pupils are entitled.
- Monitor the PSHE programme including the use of outside agencies.
- Carry out a continuous process of review and development of the programme as part of the annual cycle of school improvement.
- Attend relevant courses and network meetings.