



'Being the BEST we can be in all that we do'

Personal, Social & Health Education Policy

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| Signature of Chair of Governors | |
| Date: | |

Introduction

Personal, social and health education (PSHE) promotes pupils' personal social and emotional development, as well as their health and well being. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. PSHE aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. Children develop an understanding of their rights and responsibilities and an appreciation of what it means to be a positive member of a diverse and multicultural society. They also learn about how to look after themselves and develop a sense of self worth.

Context

This policy links with the following policies:- Health and Safety, Child Protection, Relationship and Sex Education, Behaviour, Drugs and Anti-bullying.

Aims and Objectives

Through teaching PSHE, our aims enable children:

- To develop spiritually, morally, socially and culturally.
- To know and understand what constitutes a healthy lifestyle.
- To develop social skills.
- To understand what makes good relationships with others.
- To value themselves and have respect for others.
- To make the most of their own abilities and the abilities of others.
- To be independent and responsible members of the school community.
- To be positive and active members of a democratic society.
- To develop self-confidence and self-esteem, and make informed choices regarding personal and social issues.
- To manage their feelings.

- To develop good relationships with other members of the school and the wider community.
- To be aware of safety issues including drug and alcohol substance misuse.
- To develop an understanding of sex and relationships.
- To recognise and deal with bullying in a positive way.
- To understand the dangers of the internet and be aware of e-safety.

Teaching and Learning

At Kings Worthy Primary School, we place an emphasis on active learning by including the children in discussions, investigations and problem-solving activities. We encourage the children to take part in a range of practical activities that promote active citizenship, e.g. fundraising or the planning of school special events. Classes are organised in such a way that pupils are able to participate in discussion to resolve conflicts or set agreed classroom rules of behaviour. Children are offered the opportunity to hear visiting speakers, such as health workers, police, and representatives from the local church, whom we invite into the school to talk about their role in creating a positive and supportive local community. They also have the opportunity to take on different roles of responsibility during their school life.

Implementation

PSHE is taught in a variety of ways, both directly and indirectly. For the majority of PSHE teaching we follow the 'You, Me and PSHE' scheme of work, which progresses throughout the school. Alongside this, PSHE naturally falls into other subject areas, activities and whole-school events e.g. the school council representatives from each class meet regularly to discuss school matters. We also offer a residential trip to year 6 pupils with a focus on developing pupils' self-esteem and giving them opportunities to develop leadership and co-operation skills. Below is a brief outline of where some objectives for PSHE are covered in other areas of the school curriculum.

English: Skills in enquiry and communication; stories that illustrate aspects of personal and social development, turn taking in speaking and listening.

Science: Health, growth and reproduction, nutrition.

DT: Healthy and safety when using equipment, healthy eating.

Geography: Topical issues concerning the environment; differences in cultures and traditions, study of the local area and areas around the world.

P.E: Health and safety using and carrying equipment, development of personal and social skills through team and individual sports, understanding why exercise is good for their bodies and how it affects the body, understanding why it is important to wear suitable clothing for sport and the importance of hygiene.

R.E: Religious and moral beliefs, empathy and respect for other religions, values and practices that underpin and influence personal and social issues.

In addition, teachers provide time in class to discuss matters arising from school council meetings.

Foundation Stage Early Learning Goals

PSHE is taught in the reception class as an integral part of the curriculum. As the reception class is part of the Foundation Stage, we relate the PSHE aspects of the children's work to the objectives set out in the Early Learning Goals (ELGs). Our teaching in PSHE matches the aim of developing a child's personal, emotional and social development as set out in the ELGs.

Resources

As mentioned above the school follow the 'You, Me and PSHE' scheme of work. We also have a range of books dealing with aspects of PSHE including bereavement, healthy food and making appropriate choices.

Worry Boxes

Throughout the school we have three 'Worry Post Boxes'. These give the children the opportunity to have time with an adult in school to discuss any worries they may have. Each child has a name card in their classroom and are able to place this in the worry box if and when they feel necessary. This is checked weekly and the children will then be visited by an adult in the school to talk through any worries they have.

Organisation

PSHE will enable children to practise specific skills in structured contexts and in their daily life including:-

1. Encouraging everybody to take responsibility for their actions through the agreement of the school 'BEST' rules.
2. Involving children in how to be the best they can be in their learning.
3. Encouraging children to recognise and respect differences between people.
4. The election of a school council in a democratic manner, which actively develops the direction of the school.
5. Encouraging children to take responsibility for their behaviour.

There are wider opportunities for personal and social development at school. These include:-

1. The development of each child's ability to work as part of a team, become active within the school community and recognise the qualities of good citizenship.
2. Consideration of the holistic needs of every child with regard to their race, culture, language and faith.
3. Planning class visits and trips which widen children's experiences beyond the immediate local environment.
4. Coming together as a school for collective worship to celebrate academic and personal achievements.
5. Planning events which encourage the school to work together for example: Christmas Production or Summer Fair.

We seek to promote a healthy lifestyle and self confidence for our community by:

1. The provision of a range of lunch time and after school clubs e.g. football, choir, netball, sewing and gardening which help foster a healthy lifestyle and encourage children to explore individual interest and talents.
2. Providing opportunities in school for children to learn a musical instrument.
3. Promoting walking to school.
4. Healthy eating promotions during the year and posters encouraging a healthy diet in the school hall.
5. Attention to the needs of SEN/EAL children.
6. Attention to the needs of Academically More Able (AMA) children.

We seek the involvement of the whole school community through:-

1. Encouraging parents/ carers to support trips or whole school events.
2. Regular newsletters sent to parents/ carers.
3. The Home/ School agreement.
4. The PTFA.

The Roles of the Headteacher and Governing Body

The Headteacher takes overall responsibility for the policy and its implementation, for liaison with the Governing Body, parents, Local Authority (LA) and appropriate outside agencies, and for the appointment within the school of a PSHE Co-ordinator who will have general responsibility for the daily implementation of this policy.

Equal Opportunities

PSHE follows the Equality Policy of Kings Worthy Primary School.