

PSHE policy

Last reviewed: March 2024

Reviewed: Bi-Annually

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Rationale

Horton Grange Primary School is a caring community that provides a kind, positive and supportive environment. It is responsive to individual needs and helps all to reach their potential and celebrate success together both within the classroom and beyond.

We encourage children to develop understanding, take responsibility and develop caring relationships and attitudes to others and their surroundings. We welcome parents/carers and the wider community as active partners to promote the life skills needed to become valuable members of a multi-cultural society.

Definitions

PSHE in our school reflects the physical, emotional, social and spiritual well-being of everyone in the school community. At Horton Grange, everyone will be encouraged to feel good about themselves and have respect for each other in a safe and caring environment.

Relationships Education prepares pupils for the opportunities, responsibilities and experiences of life. We believe it is important to help children feel secure about the emotional and physical changes that take place as they grow towards adolescence. Therefore, to develop the necessary skills and positive attitudes needed for supportive relationships, the school will address relationships education within its PSHE and Science curriculum. Please see the Relationships and Health Education Policy for more information.

Drug, Alcohol and Tobacco Education provides pupils with the opportunity to develop, understand and appreciate the benefits of a healthy lifestyle. Therefore, Horton Grange and its Governors do not condone the improper use of legal substances such as alcohol, tobacco and solvents, or the use or supply of illicit substances and will take seriously any attempt to do so.

Identity, Society and Equality enables pupils to become healthy, independent and responsible members of society. We encourage pupils to play a positive role in contributing to the life of the school and the wider community. In doing so we help develop their sense of worth, teach them how society is organised and governed and ensure that they experience the process of democracy through the School Council. We teach them about rights and responsibilities, including the British Values and to appreciate what it means to be a positive member of a diverse multi-cultural society.

Physical health and wellbeing focuses on improving the health and wellbeing of everyone. Healthy lifestyles messages across school are consistent and are reflected in all aspects of school life. These include healthy snacks provided by the change4life programme, healthy food provided at lunchtime and the promotion of healthy eating and physical activity.

Mental Health and emotional wellbeing focuses on pupils awareness and understanding of how to look after their mental health and the strategies they can adapt and use in situations when needed. It is promoted throughout the curriculum in activities such as mindfulness and within PSHE lessons.

Keeping Safe and Managing Risk enables pupils to understand how to keep themselves safe in school and within the wider community, including online. At Horton Grange we continuously promote safety in all aspects of the curriculum and within assemblies and activities such as bike ability, water safety and weekly online safety lessons.

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Aims

- To promote the importance of stable, sharing, caring and loving relationships.
- To make PSHE a whole school responsibility. Working in collaboration with parents and the wider community.
- To understand the importance of playing an active part in democratic processes.
- To understand that actions have consequences and to be prepared to accept responsibility for those consequences.
- To promote healthy lifestyles developing an awareness of legal and illegal substances and the effects they can have on themselves and the people and community around them.
- To help parents understand their role as PSHE educators and develop their skills as educators.
- To share feelings and opinions whilst being respectful and understanding of other peoples differing views and life choices.
- To be aware of and understand bodily changes both physically and mentally and how to find help, advice and information.
- To have the confidence to seek help and manage risky situations.
- For everyone to have the responsibility to eliminate all types of bullying by understanding difference and diversity and working co-operatively to resolve disputes peacefully.
- To be a valuable citizen helping to make a safe and caring community and understand the positive impact they can have on society.
- To respect and actively care for the environment both locally and in the wider, world community.

Objectives

- By providing knowledge and understanding about physical, emotional, social, spiritual and creative changes that occurs as children grow towards puberty and adulthood. (See PSHE, Science, PE, RE and English curriculums and resources).
- By developing an awareness of the effects of others actions and accept responsibility for their own actions. (See school council and class monitors).
- By offering a range of learning styles and experiences in mixed ability and ethnic groups to develop decision making and problem solving techniques. (See English, Maths, PE, PSHE curriculums).

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- By ensuring all pupils have equal access to the whole curriculum. (See Equal opportunities, Inclusion, SEND and PSHE policies)
- By acknowledging positive behaviour and contributions, and academic and social achievement through a reward system. (See Star of the week, Writer of the week, Reader of the week, Mathematician of the week, marvellous me, attendance trophy and positive relationship policy).
- By providing a spiral curriculum that is age appropriate for the whole school including a tailored relationships education programme that has had parental support. (See You, Me and PSHE curriculum and Relationships and Health Education Policy).
- By having a shared understanding of values and how staff will facilitate this for their pupils. (See PSHE, British Values, RE, English curriculums).
- By providing information about how the body works and the effects of a healthy/unhealthy lifestyle including the dangers of legal and illegal substances. (See PSHE, Science, PE, History curriculums, PCSO's, Life Caravan, change4life scheme, free milk for under 5's and pupil premium children).
- By providing pastoral support to pupils and appropriately liaise with parents and other outside agencies.
- By creating opportunities for pupils to talk to others and reflect on their own attitudes and values and those of others. (See PSHE, British Values, RE, English assemblies).
- By identifying named people to oversee aspects of the PSHE policy (PSHE co-ordinator, Headteacher, Governors).
- By offering role models that value caring relationships and healthy lifestyles. (See No Smoking policy, parent involvement team, staff meetings).
- By identifying and meeting the professional development needs of all staff with a shared understanding about appropriate confidentiality. (See performance management and CPD files).
- By encouraging parental involvement including provision of workshops on curriculum issues to develop understanding and support. (See Home School planners, School prospectus, Home/School agreement, parent consultation evenings).

Teaching and Learning

A range of strategies should be employed and may include the following:

- An effective structure of lesson organisation and planning
- Through talk across the curriculum activities
- Reading /Writing
- Role Play / Drama
- Art
- Poetry
- Debates
- Visits to appropriate PSHE sites

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- Visitors/Outside agencies
- Use of ICT
- Discrete PSHE lessons (staff to ensure PSHE ground rules are referred to at the start of every PSHE lesson).

Conclusion

- This document would seek to inform members of staff and other interested parties on the method and purpose of teaching PSHE within the school.
- It is clear that staff must follow the above rigorously for the effective delivery of the PSHE curriculum and seek at all times to be guided by the PSHE Co-ordinator and to work within the Agreed Syllabus.
- A review of this document will take place bi-annually. The whole document will be reviewed by the Senior Leadership Team. The policy will be taken to Governors for discussion and approval.
- This document is available on request as are all policy documents held by the school. Parents are always welcome in school to discuss this or any other policy document.