

Sunning Hill Primary School



PSHE Policy

Linked Documents:

RSE Statutory Guidance September 2020, Relationships Policy.

Prepared by: Mrs J Laidlaw

Reviewed by: Governing Body

Our school values – Building a Bright Future Together

At Sunning Hill Primary, we instil **self-belief** and promote **independence** that allows children to become **aspirational** and committed, **life-long learners**. Our journey together provides our children with opportunities to learn and grow and encourages them to be **curious** about the world.

Our children are encouraged to take **responsibility** for themselves, show **resilience** and be **proud** of who they are so they flourish within society. All achievements are celebrated to reward success, inspire ambition and nurture self-esteem.

Our Sunning Hill family work together to ensure our children are **happy, kind, charitable** and **respectful**. All children are given equal opportunities to reach their full potential. We provide a supportive, secure environment where children feel safe to take **risks and learn from their mistakes**.

These foundations provide a strong base for building a bright future together ensuring **equality** for all.

At Sunning Hill we follow the National Curriculum and the Early Years Foundation Stage Framework. Our school values and motto are reflected through the curriculum which promotes learning and personal growth. These values are interwoven into school life to ensure our children leave Sunning Hill as well rounded British citizens who can make a contribution to their own community and the wider world. We plan and deliver a tailored, engaging and challenging curriculum. Children's cultural capital is broadened through a range of trips, visitors, events, extracurricular clubs and first hand experiences.

Curriculum Intent for PSHE

PSHE (Personal, Social, Health Economic) is an essential part of the school curriculum. It helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy independent lives and to become informed, active, responsible citizens. It provides pupils with the knowledge; skills and understanding that they need to stay healthy and safe, develop respectful relationships, respect differences, develop independence and responsibility and celebrate their own abilities and those of others. It encourages pupils to raise questions and eliminates the stigma around Mental Health. We develop local, national and global multi-cultural awareness by embedding British Values across all learning, therefore developing pupils to appreciate difference and diversity. Our children learn to appreciate what it means to be a positive member of a diverse multicultural society.

Through PSHE, children are given opportunities to:

- Learn about themselves as developing individuals and as members of their school and community, developing confidence and responsibility.
- Recognise their own worth, work well with others and become increasingly responsible for their own learning, making the most of their abilities.
- Develop an understanding of their responsibilities, rights and duties as individuals and members of communities, thus preparing them to play an active role as morally and socially acceptable citizens.
- Develop healthy relationships and respect the differences between people, therefore develop a healthier, safer lifestyle.
- Understand how to keep their minds and bodies healthy

PSHE POLICY

The PSHE curriculum was updated in September 2020 to reflect the statutory guidance from the DFE 'Relationships and Sex Education and Health Education Statutory Guidance'

The PSHE curriculum intends to:

- Promote self-esteem and self-belief
- Raise awareness of themselves and others
- Encourages empathy
- Challenge their thinking
- Openly share any problems
- Develop strategies to help them deal with their emotions
- Be able to assess the level of risk
- Promote resilience
- Contribute to wider society

Curriculum Implementation for PSHE-

The intent of our curriculum is implemented through careful planning, teaching, assessment and feedback. We structure the curriculum so that it provides breadth and depth and also allows all children to succeed both within the classroom and beyond. Following staff CPD the implementation of the Positive Education Programme will be delivered through Core Theme 2. Daily routines support positive mental health. The following are the ways we ensure that the curriculum is taught in line with our aims:

- The PSHE curriculum is delivered as a discrete subjects and cross-curricular links are made where appropriate to embed learning. There is a consistent approach across all year groups.
- Within the subject there is a clear balance of knowledge and skills.
- Units of work are planned using the PSHE association overviews, DFE 'Relationships and Sex Education and Health Education Statutory Guidance' and have been adapted to meet the needs of the school.
- Expert teacher subject knowledge is developed through in-house training and external training where appropriate.
- Speaking and listening is promoted and woven in through all aspects of the school curriculum. It is a core skill that allows children to develop their ability to communicate effectively. We feel this is particularly pertinent for the children in our school and hence we have a designated EAL leader.
- We develop local, national and global multi-cultural awareness by embedding British Values across all learning.
- Subject specific vocabulary is selected and taught explicitly.
- School events and activities
- Whole school and class assemblies
- School Linking Project for Year 3 and Year 5 children

Sunning Hill Primary School has adopted the PSHE associations and follows three core themes. **The PSHE curriculum was updated in September 2020 to reflect the statutory guidance from the DFE 'Relationships and Sex Education and Health Education Statutory Guidance'**

CORE THEMES

PSHE POLICY

Listed below are the key areas of learning for our PSHE curriculum. For more detailed information you can view our PSHE scheme of work on the school website.

Core Theme1: Relationships

- To develop and maintain a variety of healthy, caring, respectful relationships and friendships, within a range of social/cultural contexts
- To recognise and manage emotions within a range of relationships
- To recognise risky or negative relationships (including online) including all forms of bullying and abuse
- To respond to risky or negative relationships and ask for help
- To respect equality and diversity in relationships.
- To understand why families are important, the characteristics of healthy families and that there are different types of families.

Core Theme 2: Health and wellbeing

- To understand what makes a healthy lifestyle (exercise, healthy eating)
- To make informed choices about health and wellbeing and to recognise sources of help with this
- To identify different influences on health and wellbeing
- To maintain physical, mental and emotional health and wellbeing
- To manage risks to physical and emotional health and wellbeing
- Identify ways of keeping physically and emotionally safe
- To know how to keep safe online and identify risks.
- Know how to manage change, including puberty, transition and loss
- To respond in an emergency and know basic first aid.

Core Theme 3: Living in the wider world – Economic wellbeing and being a responsible citizen

- About respect for self and others and the importance of responsible behaviours and actions
- About rights and responsibilities as members of families, other groups and ultimately as citizen.
- About different groups and communities
- To respect equality and to be a productive member of a diverse community
- About 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.

Curriculum Impact for PSHE

Through the clear and aspirational intent and structured and rigorous implementation of the PSHE curriculum, we aim to provide all our children with a broad and balanced depth of knowledge and skills in personal, social, health education. The impact of this is measured in the following ways;

- Monitoring of the subject through, planning, learning walks, lesson observations, book scrutiny and pupil discussions to measure the impact of what the pupils say about their personal development, social, health and welfare.

PSHE POLICY

- Early Help forms identify those children who may need additional support with regards to their personal, social, health and welfare.
- Teacher's subject knowledge is reviewed through lesson observations, drop-ins, pupil questionnaires and book reviews. This information is used to plan staff meetings and external training opportunities.
- Setting clear outcomes for individual lessons and blocks of learning, ensuring the pupils understand what is expected and how to make progress against specific criteria.
- Awarded Mental Health Award in September 2020
- Knowledge of what the pupils have gained from the School Linking Project

Our school aims to support all families and the wider community. Any queries or concerns regarding individual policies will be considered on an individual basis.