



# PSHE (Personal, Social, Health and Economics) & Citizenship Education Policy

Version	Date	Comments
1	September 2023	Updated policy
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**‘Be the best you can be!’**

## **Introduction**

This policy covers our approach to Personal, Social, Health and Economic Education (PSHE) and Citizenship Education. It aims to set out the purpose of PSHE and Citizenship Education and the intended outcomes for pupils; it also includes our curriculum coverage and how it is delivered.

**This policy takes into consideration the following legal requirements, national strategies and government guidance:**

- Education Act
- Academies Act
- Department for Education Guidance for Personal, Social, Health and Economic (PSHE) Education 2020
- Department for Education Guidance for the teaching of the statutory Relationships Education, Relationships and Sex Education (RSE) and Health Education 2020

## **Rationale**

PSHE and Citizenship education is currently a non-statutory subject. However, section 2.5 of the national curriculum asserts all state schools 'should make provision for personal, social, health and economic education (PSHE)'. The PSHE Association states that, 'PSHE education contributes to schools' statutory duties outlined in the Education Act 2002 and the Academies Act 2010 to provide a balanced and broadly-based curriculum and is essential to Ofsted judgements in relation to personal development, behaviour, welfare and safeguarding.' In addition, the Relationships and Health and Wellbeing areas of PSHE and Citizenship education have been compulsory in primary schools since September 2020.

We believe PSHE and Citizenship education is an important and necessary part of all pupils' education. In our school, it is a key element of school life and, as well as explicit teaching sessions which will draw on good practice and national recommendations, it will be built into many aspects of the wider curriculum. Our school believes PSHE and Citizenship education is a shared responsibility of school staff, parents, carers, pupils and, where appropriate, the wider community.

## **Aims**

PSHE and Citizenship education in our school aims to explore the knowledge and understanding children need to stay safe, be happy and healthy and fulfill their potential, while also preparing them for life, both in the present and future. It also aims to equip children with the skills they need to live successfully as citizens of the communities to which they belong and enables them to celebrate diversity and treat all people with kindness and respect. PSHE and Citizenship education in our school also aims to encourage children to develop positive mental health and emotional wellbeing, by empowering them with the knowledge of why this is important and how it can be achieved. We want to educate the whole child through our PSHE and Citizenship education and believe this positively impacts the individual, the school community, the wider community and the global community - both present and future.

## **The Delivery of the PSHE and Citizenship Scheme of Work**

In our school, PSHE and Citizenship education will be delivered in a way which is accessible to and inclusive of all pupils. These lessons will involve a variety of teaching methods and interactive activities to encourage pupil engagement. We aim to create a safe and supportive climate for learning in which all children can thrive, feel able to ask questions and discuss issues openly.

All of our pupils will participate in weekly PSHE and Citizenship education lessons and these will be taught by staff who are trained in delivering the specific content of the lessons. Ground rules will be established in class and pupils will be reminded regularly of these. Special consideration will be given when teaching particularly sensitive content; staff will be fully aware of the children in their class and how they might relate to the lesson content, providing extra support to enable participation. Each class has a question box which gives pupils the option of writing down their questions and receiving an answer on a one-to-one basis, rather than in front of the whole class. Distancing techniques will be employed in all PSHE and Citizenship education lessons, meaning that children are able to engage with and explore issues deeply without having to discuss their own lives and experiences.

## The Content of the PSHE and Citizenship Education Scheme of Work

We have created a bespoke PSHE curriculum for our context and our pupils using a number of resources but predominantly from the PSHE association. The scheme of work and all of its resources have been produced to be fully in line with the Learning Outcomes and Core Themes outlined in the 2020 PSHE Association Programme of Study which is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools.

All aims are taught through the three core areas of PSHE and Citizenship education, which are: Health and Wellbeing, Relationships and Living in the Wider World.

### Health and Wellbeing

- what keeping healthy means; different ways to keep healthy and foods that support good health and the risks of eating too much sugar
- how physical activity helps us to stay healthy; and ways to be physically active everyday
- why sleep is important and different ways to rest and relax
- simple hygiene routines that can stop germs from spreading and medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
- dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- how to keep safe in the sun and protect skin from sun damage
- the different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV
- people who help us to stay physically healthy

### Relationships

- the roles different people (e.g. acquaintances, friends and relatives) play in our lives
- to identify the people who love and care for them and what they do to help them feel cared for
- different types of families including those that may be different to their own
- to identify common features of family life
- it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried

### Living in the Wider World

- what rules are, why they are needed, and why different rules are needed for different situations
- how people and other living things have different needs; about the responsibilities of caring for them
- things they can do to help look after their environment
- the different groups they belong to
- the different roles and responsibilities people have in their community
- to recognise the ways they are the same as, and different to, other people

All lessons will cover content in an age-appropriate manner through a spiral curriculum.:

Autumn 1	Autumn 2
Y1 - Aiming High (Living in the World) Y2 - Safety First (Health & wellbeing)	Y1 - TEAM (Relationships) Y2 - Think Positive (Health & wellbeing)
Spring 1	Spring 2
Y1 - Britain (Living in the World) Y2 - Respecting Rights	Y1 - Be Yourself (Relationships) Y2 - VIPs (Relationships)

Summer 1	Summer 2
Y1 - It's my Body (Health & wellbeing) Y2 - One World (Living in the World)	Y1 - Safety First (Health & wellbeing) Y2 - Growing Up and Safety in the Community (Health & wellbeing)

## **Mental Health and Wellbeing**

At HPP we are aware, more than ever, of the growing need to adopt a whole-school approach to promoting positive mental health and wellbeing. We help children flourish, learn and succeed by providing opportunities for them to develop the strengths and coping skills that underpin resilience, increase their self-esteem and foster a growth mindset. Teaching about positive mental health and wellbeing not only plays a key role through the Health and Wellbeing core of the PSHE curriculum but it is also embedded across HPP through a whole-school approach where positive mental health and wellbeing is seen as fundamental to our values, mission and culture.

## **Relationships and Sexual health Education (RSE)**

The Hampton Primary Partnership (HPP) is committed to the teaching of relationships and sexual health education (RSE). It will be taught as part of our PSHE (Personal, Social, Health and Economics Education) curriculum.

The intent of relationships and sex education (RSE) at our school are to:

- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Provide a framework in which sensitive discussions can take place
- Teach pupils the correct vocabulary to describe themselves and their bodies
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Be developmental and be appropriate to the age and the stage of the child. Common starting points can't be assumed;

Effective relationships and sexual health education is essential if young people are to make responsible and well informed decisions about their lives. It should not be delivered in isolation and is therefore taught as part of our spiral PSHE curriculum.

## **Assessment**

Pupils' learning will be assessed throughout each unit using the assessment materials accompanying the scheme of work. Pupils will also be involved in regular reflection of their own learning journey in relation to PSHE and Citizenship education. We believe this is pivotal to the embedding and progression of knowledge, skills, understanding and attitudes. This will help us to provide a curriculum which is relevant and meaningful to all pupils. However, due to the personal nature of taught content, we believe it is important that learning in PSHE and Citizenship education is seen as developmental and not as succeeding or failing. In our school, all children should feel they are succeeding in PSHE and Citizenship education, whatever their starting or ending point within a unit of work.

## **Confidentiality**

For any child wishing to discuss something confidential relating to the lesson content, an opportunity will be provided in which the policies and protocols of safeguarding and confidentiality are adhered to.

## **Continuing Professional Development**

The professional development needs of all staff in relation to the teaching and learning in PSHE and Citizenship education will be regularly assessed and monitored and relevant training and support provided. The subject leader for PSHE and Citizenship will regularly model and disseminate best practice, working closely with the SLT and governors.

## **Roles and responsibilities**

### **The governing board**

The governing board will approve the PSHE policy and hold the headteacher to account for its implementation.

### **The Head of School**

The headteacher is responsible for ensuring that PSHE is taught consistently across the school.

### **Staff**

Staff are responsible for:

- Delivering PSHE in a sensitive way
- Modeling positive attitudes to PSHE
- Monitoring progress
- Responding to the needs of individual pupils