

**Mytchett Primary
and Nursery School**

...inspiring learners, caring about success.



PSHCE Policy

Policy adopted: September 2019

Next review date: September 2021

Introduction

The ethos of Mytchett Primary School is embedded in our Heart Values : Happiness, Equality, Aspiration, Respect and Trust. PSHCE, along with Citizenship, underpins and supports these core values and the ethos of the school.

The Importance of PSHCE

Our personal, social and health education (PSHCE) programme promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

At Mytchett Primary School, children's wellbeing, happiness and safety are our first priority, and PSHCE is the key vehicle through which we share this with children. We regard PSHCE as an integral component of the whole curriculum; it is central to our approach and at the core of our ethos. Our PSHCE curriculum is broad and balanced, ensuring that it:

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society;
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life;
- Provides information about keeping healthy and safe, emotionally and physically;
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.

Aims of PSHCE Education in the curriculum

The aim of PSHCE is to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. They are encouraged to recognise their own self-worth and to understand how they are developing personally and socially while taking increasing responsibility for their own learning.

Objectives

The PSHCE learning will support the development of the skills, attitudes, values and patterns of behaviour, which enable pupils to develop their understanding of 3 main areas: Health and Well-being, Relationships and Living in the wider world. These areas will develop their ability to:

Health & Wellbeing:

- To know and understand what constitutes a healthy lifestyle.
- To know how to maintain physical, mental and emotional health and wellbeing.
- To understand the different emotions they may experience in a range of situations, how to manage these and how to ask for support when needed.
- To be aware of safety issues, including how to respond in an emergency.
- To know how to manage change, including puberty, transition and loss.
- To know the facts about legal and illegal substances and their risks.

Relationships:

- To be able to develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- To know how to recognise and manage emotions within a range of relationships.

- To know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help. To know how to respect equality and diversity in relationships.

Living in the Wider World:

- To know the importance of responsible behaviours and actions.
- To be responsible and independent members of the school community.
- To be positive and active members of a democratic society.
- To know about the importance of respecting and protecting the environment.
- To develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- To develop good relationships with other members of the school and the wider community.
- To know about where money comes from, keeping it safe and the importance of managing it effectively.
- To develop a basic understanding of enterprise.
- To understand how to use the internet safely and how it can be harmful.

Pupil Voice

The PSHCE curriculum will use consultation of pupils to ensure that PSHCE learning has impact and remains relevant and reactive to pupil's needs'?

Pupil voice takes place across the whole school, within particular classes, via the school council or and through the use of focus groups. This information is fed back to the Head teacher and PSHCE lead.

Organisation

PSHCE is delivered within a whole school approach which includes:

- Dedicated curriculum time – weekly timetabled sessions
- Teaching PSHCE through and in other subjects/curriculum areas
- Circle Time
- Specialised assemblies
- PSHCE activities and school events e.g. Friends Days
- Pastoral care and guidance
- Visiting speakers

As a school, we use the Coram SCARF scheme which focuses on a values-based and 'Growth Mindset' approach and it promotes positive behaviours, mental health, well-being, resilience and achievement. SCARF stands for Safety, Caring, Achievement, Resilience, and Friendship. This scheme of learning covers the three areas of Health and well-being, Relationships and Living in the wider world. These areas are carefully planned to ensure that progression across the school is clear.

The school provides enrichment activities to support cross-curricular opportunities, for example Relationships and Sex Education and Drug Education within Science, online safety within Computing, Healthy Living within PE and Healthy Eating within Design Technology.

Within each lesson, clear ground rules are established and the pupils are given the opportunity to share any questions with the class teacher using a question box or a worry monster.

Questions will be answered in a way appropriate to the maturity of the pupil and in a sensitive manner. Correct vocabulary for terms will be used during PSHCE lessons, in line with all other curriculum subjects.

Children are encouraged to develop good relationships with their peers and all staff and to take responsibility for their own behaviour. All staff provide very good role models for children and work hard to promote a safe, happy environment. The children have an active School Council where two children from each class are elected to represent the class's views.

As a school, we will provide the pupils with enrichment activities to support the curriculum such as a Healthy Schools Week, Anti-Bullying Week, 'Walk to School' weeks and other themed days. Pupils are offered the opportunity to take part in residential trips within key stage 2, which help develop their personal, social and emotional development.

Assessment and Recording

Children are informally assessed by the teaching team throughout their learning, within and beyond the PSHCE lesson and the reports given to parents will reflect this. Recording of work will be in a form appropriate to the planned focus and will be shown in teacher's planning and on the topic plans. Evidence of PSHCE will be in a variety of forms e.g. photographs as well as written work. The very nature of PSHCE means that careful consideration should be given to the best means of recording. Written work may not always be appropriate and staff will use their professional judgment in this.

Appendix:

Copy of themed days- to be added