

St Marys Catholic Primary School

'Learning together in Faith and Love'

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

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This Personal Social, Health and Education (PSHE) & Citizenship Policy has been approved and adopted by the Governing Body on September 2016 and will be reviewed on September 2018.

Purpose of the policy

- Demonstrates to the school community the importance of PSHE and citizenship to the school
- Gives information about how it is provided in school and what is taught
- Provides guidance to staff about the content, organisation and teaching of PSHE and citizenship
- Gives information about how parents and carers can support PSHE and Citizenship
- Sets out how PSHE and Citizenship contributes to the school meeting its statutory duties

Links to other policies

This Policy should be read alongside other related policies:

- Behaviour, anti-bullying, Food, Drug, alcohol and tobacco (drug education and the management of drug-related incidents),
- Sex and Relationship Education (SRE),
- Child Protection and Safeguarding,
- Teaching and Learning,
- E-safety,
- Equality

Definition of PSHE and Citizenship

PSHE and citizenship are a **planned** part of the curriculum that is also reflected in whole school activities and experiences.

PSHE gives children knowledge, understanding, and skills and helps them explore and develop attitudes and values to live healthy, safe, fulfilled and responsible lives. It helps them manage feelings, learn about how to be healthy and safe and understand about relationships. It covers physical health, emotional health and well being, drug education (including medicines, alcohol, tobacco, volatile substances and illegal drugs), sex and relationship education, citizenship, anti-bullying, safety (including e-safety and anti-bullying), personal finance education, careers and the environment.

Citizenship education gives children knowledge, understanding and skills and helps them explore and develop attitudes and values to become informed, active and responsible citizens. It helps them develop political literacy and explore social and moral issues, distinguish right from wrong and to make a positive contribution to their local, national and global

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communities. It covers rights and respect for rights, democracy, pupil participation in school life, the rule of law, respecting difference and local and global communities and how to prevent prejudice and discrimination.

Why teach PSHE and Citizenship?

We believe that our work on PSHE and Citizenship contributes to our school being a healthy school by enabling children to:-

- Make choices to live healthy lives
- Stay safe
- Develop self-esteem and confidence
- Make a positive contribution
- Respect one another
- Make and maintain positive relationships

Our PSHE and Citizenship curriculum enables us to fulfil our statutory duties to:

- provide a broad and balanced curriculum
- promote the spiritual, moral, cultural, mental and physical development of pupils at the school, and of society
- promote the values of democracy, the rule of law, individual liberty and mutual respect and tolerance described by the DfE as fundamental British Values
- prepare pupils at the school for the opportunities, responsibilities and experiences of later life
- promote pupil wellbeing and community cohesion
- safeguard pupils
- meet the Public Sector Equality Duty to eliminate discrimination, advance equality of opportunity and foster good relations between people

Policy development

This policy was produced by a policy review group involving Head teacher, PSHE Coordinators, Lead Governor for PSHCE, Governor Curriculum committee, staff and parent representatives.

When developing the policy we took account of the

- DfE advice on the teaching of PSHE Education (September 2013)
- Ofsted's grade descriptions for the inspection of PSHE Education (December 2013)
- Ofsted Inspection framework with particular reference to safeguarding and the judgement on personal development, behaviour and welfare (September 2016)

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Aims of PSHE and Citizenship

PSHE and citizenship is underpinned by our school's values and aims:

- We pride ourselves on the diversity of people who make up our school community and we value the varied contributions that everyone can make to our learning.
- We aim to ensure that each child achieves their full potential, both personally and academically.
- We encourage children to make decisions for themselves and acquire the skills to become independent learners.
- Through our school organisation and curriculum will aim to help children understand and respect differences.
- We seek to provide a stimulating school environment that creates a balance between the celebration of children's achievements and the development of aesthetic awareness and appreciation.
- We pledge to work in partnership with parents in accomplishing our aims.

We structure our PSHE and Citizenship around the aims set out in the non-statutory framework for PSHE and Citizenship to help pupils:

- Develop confidence and responsibility and making the most of their abilities
- Prepare to play an active role as citizens
- Develop a healthy, safer lifestyle
- Develop good relationships and respecting the differences between people

We want pupils to gain knowledge and information, explore attitudes and values and develop skills to help them live healthy, safe, fulfilling and responsible lives.

Early Year and Foundation Stage (EYFS)

PSHE and Citizenship in Key Stage 1 builds on children's prior experiences in the EYFS where teaching and learning are cross-curricular taking a holistic view of the child's needs.

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PSHE and Citizenship links most directly to these 3 areas of learning and development within the Foundation Stage:

1. *Personal, social and emotional development* which involves helping children to develop a positive sense of themselves, and others; to form positive relationships and develop respect for others; to develop social skills and learn how to manage their feelings; to understand appropriate behaviour in groups; and to have confidence in their own abilities.
2. *Physical development* which involves providing opportunities for young children to be active, interactive and to develop their co-ordination, control and movement. Children must also be helped to understand the importance of physical activity and to make healthy choices in relation to food.
3. *Understanding the world* which involves guiding children to make sense of their physical world and their community through opportunities to explore, observe and find out about people, places, technology and the environment.

Content of the PSHE and Citizenship curriculum

Where relevant we may use health and wellbeing data to inform us about priorities for the school and the views of staff, parents and pupils.

Our PSHE and citizenship curriculum builds on the statutory content in the national curriculum covering;

- Drug education
- Financial education
- Sex and relationship education
- Physical activity
- Diet for a healthy lifestyle

We have a scheme of work for PSHE and citizenship which covers key topics;

- Healthy lifestyles
- Emotional health and resilience
- Anti-bullying and prejudice-based language
- Stereotyping, prejudice and discrimination
- Equality and diversity
- Sex and Relationship education (SRE)
- Safety including on-line
- Drugs, alcohol and tobacco education
- Democracy and the rule of law
- Being an active citizen in school and the community

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- Rights and respect for rights
- Looking after the environment
- Personal finance
- Careers and the world of work
- Enterprise

These topics are explored at different levels as relevant to different years.

Our scheme of work is based on the Camden Scheme of work which we have adapted to reflect the needs of children at the school.

Where it is taught

PSHE and Citizenship is taught through a range of planned opportunities across the curriculum, lessons with a partner class and circle time.

PSHE and citizenship is also covered by other subjects

- **Science and PE**-healthy lifestyles
- **Drama and literacy**- using stories to consider issues related to relationships and health, as well as discussions about topical issues
- **RE** includes many aspects related to relationships, families and different faiths and beliefs
- **Maths**-financial capability
- **Geography**-citizenship work about different communities and looking after the environment
- **ICT**-e-safety and using databases to collate information about different opinions
- We also use **Growth Mindset** lessons, assemblies,praise and challenges to embed Growth Mindset into the culture of the school.

10. How it is taught

All class teachers teach PSHE and Citizenship and where relevant, outside visitors support and enhance the curriculum, such as parents/carers, school nurses, police, fire service, health professionals and theatre in education.

All visitors are expected to work within the framework of this PSHE and Citizenship policy.

Teaching methods

Teachers have the same high expectations of pupils learning in PSHE and citizenship as they would in any other subject and in addition we ensure that:

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- When starting a new topic we find out children's prior knowledge to help plan the teaching.
- Pupils have opportunities to express their views and listen to others and respect different beliefs and views, to research and evaluate information and make informed decisions.
- Through PSHE teachers promote the values of the school and will challenge opinions or behaviours that are prejudicial or discriminatory or are contrary to fundamental British values.
- We use a wide range of active teaching methods so that pupils are fully engaged in learning.
- We use a variety of high quality imaginative resources in our programme. Staff view resources before they are used to ensure that their content is appropriate, relevant and up-to-date, they reflect the diversity of the school and local community, promote positive images and avoid stereotypes eg disabled, non-stereotypical gender roles, different families including same sex parents, ethnic, religious and cultural background
- We set ground rules, particularly when teaching sensitive topics such as SRE, to ensure that pupils discuss topics with respect and listen to the views of others, as well as ensuring that pupils and staff do not disclose personal information
- Through appropriate planning, involvement of support staff, resourcing and grouping and we meet the needs of all pupils, including those with special educational needs
- We will always seek to answer children's' questions, taking account of their age and maturity and the appropriateness of the question.

Safeguarding and Child Protection

Teachers cannot promise pupils complete confidentiality. Teachers are clear to pupils what can and can't be kept confidential. If a pupil was to talk to staff about a personal situation, and staff were concerned that they were at risk they will follow the school's child protection procedures.

Assessing pupils' progress

We recognise the importance of effective assessment of learning in PSHE and citizenship and use it to inform planning and consolidate or accelerate learning where appropriate. Assessment can also be used to identify vulnerable pupils who may benefit from additional support such as building self-esteem or one to one support.

In PSHE and Citizenship we assess

- what knowledge and understanding pupils have gained and its relevance to their lives
- what skills pupils have developed and are able to put into practice
- how pupils' feelings and attitudes have been influenced and changed

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We also identify wider needs through surveys eg;

- Annual Pupil Surveys
- Pupil focus groups led by the PSHCE lead
- Health Related Behaviour Questionnaire (HRBQ)

Monitoring and Evaluation

Monitoring

We monitor PSHE and citizenship through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how PSHE and citizenship is being delivered and can be further improved. The PSHE Co-ordinator is responsible for the overall monitoring and evaluation of the quality of PSHE and Citizenship.

Governors

We have a governor who is responsible for the oversight of PSHE and ensures that effective monitoring and evaluation of the subject is undertaken and identifies areas for development.

Opportunities to promote PSHE and Citizenship throughout the school

In addition to the taught programme, there are a number of activities that promote our aims and outcomes for PSHE and citizenship throughout the whole school. We develop pupils' -

1. *Confidence, responsibility and making the most of their abilities* through positive behaviour systems, whole school growth mind-set, target setting and class responsibilities
2. *Role as active citizens* through school council, playground friends, community projects, study buddies, developing class rules/charters, charity work and consultation on school improvement plan and policies, mock elections, debates, pupil questionnaires
3. *Healthy and safer lifestyles* through the promotion of lunch time activities, fruit available at morning play, playground games and monitoring school meals and packed lunches.
4. *Good relationships and respect for differences* between people by celebrating different cultures and involving visitors from different cultures

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Training and support staff

Our aim is that teachers are confident to teach all aspects of PSHE, including SRE and other sensitive issues, and we ensure staff access high quality professional development on PSHE and Citizenship to keep them updated on relevant issues and to ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. New members of staff receive induction training on the teaching of PSHE and Citizenship. Our PSHE Coordinator attends RBKC & London wide PSHE training and networks.

Working with parents/carers

Our school sees the personal and social development of pupils as something that is achieved in partnership with parents and carers. We value and extend opportunities for parents and carers to be involved in PSHE and Citizenship through consultation and where appropriate specific input to the curriculum.

We also offer resources and information for parents and carers to support their children in aspects of PSHE and citizenship eg e-safety, drug education, healthy eating and organise meeting for parents on SRE and workshops on e-safety.