

PSHE Policy

The Importance of PSHE:

Our personal, social and health education (PSHE) 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 Our Lady of Mount Carmel Catholic First School, children's wellbeing, happiness and safety are our first priority, and PSHE is the key vehicle through which we share this with children. We regard PSHE as an important, integral component of the whole curriculum; it is central to our approach and at the core of our ethos.

Our PSHE 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

Health & Wellbeing

- Know and understand what constitutes a healthy lifestyle.
- • Know how to maintain physical, mental and emotional health and wellbeing.
- • Be aware of safety issues, including how to respond in an emergency.
- Know how to manage change, including puberty, transition and loss.

Relationships

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Know how to respect equality and diversity in relationships. L

Living in the Wider World

- Know the importance of responsible behaviours and actions.

- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- Develop good relationships with other members of the school and the wider community.
- Know about where money comes from, keeping it safe and the importance of managing it effectively.
- Have a basic understanding of enterprise.

Organisation / Provision

PSHE is delivered within a whole school approach which includes: ♦

- Dedicated curriculum time
- Teaching PSHE through and in other subject's/curriculum areas
- Circle Time
- Specialised assemblies
- PSHE activities and school events e.g. Friends Days
- Pastoral care and guidance
- Visiting speakers

Equality of opportunity

The PSHE scheme of work is taught to all children in the school. Work will be accessible to all pupils, regardless of prior knowledge, ability or whether they have special educational needs. We ensure that the school strives to do the best for all pupils irrespective of race, gender, cultural or religious background. A positive image of science is promoted to both boys and girls.

Pupil Participation and Development

PSHE will be taught using a variety of strategies, according to the needs of individuals and classes. A variety of teaching and learning styles will be used, including: discussion, use of videos and stories, input from outside agencies, circle time and special activities or events. We place an emphasis on active learning, by encouraging the children to take part in discussions, role play, investigations and problem solving activities. Children also have the opportunity to take part in discussions to resolve conflict or to establish classroom rules and expectations. Many aspects of PSHE are reinforced through whole school initiatives. There is a successful School Council, which meets regularly, having elected two representatives from each class (Yr1-yr4). The school council propose and discuss relevant hot topics and support staff in helping the school move forward using a 'child's voice'.

Staff Development:

The PSHE co-ordinator updates, informs and supports staff as necessary. Training opportunities for the whole staff are available through INSET, arranged in consultation with the PSHE co-ordinator and Head teacher, as and when necessary. The PSHE co-ordinator will regularly attend relevant courses and the local Network meetings.

Monitoring and Evaluation:

The PSHE co-ordinator is responsible, in consultation with class teachers, for the planning, running, monitoring and evaluating of the PSHE programme within school. PSHE, RSE and class topics go hand in hand and are taught seamlessly throughout the curriculum. The PSHE lead ensures all PSHE objectives are covered through the teaching of these topics.