

Our PSHE Policy inclusive of the Relationship Education and Health Education Policy
Revised October 2022

Our PSHE Vision

We believe that PSHE enables our pupils to develop their own personal skills, enabling them to be part of a diverse society. Pupils will gain an understanding of being healthy, independent and responsible citizens in both society and within their role in school. We aim to use our beliefs and understanding of SMSC (moral, social, cultural and spiritual development). We want our pupils to feel valued and to know their self-worth. We want our pupils to understand and feel supported whilst experiencing issues that are part of growing up.

Aims

The aims of personal and social health education and citizenship are to enable the children to:

- Understand the school and British values, their impact on their daily lives and within the school and wider community.
- Know and understand what constitutes a healthy life style
- Know how to keep themselves and others safe
- Understand what makes for good relationships with others
- Have respect and tolerance for others
- Be independent and responsible members of the school community
- Be positive and active members of a democratic society
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues
- Develop knowledge and an appreciation of money and the effect it has on themselves and others
- Develop good relationships with other members of the school and the wider community

Special Educational Needs Disability (SEND/Pupil Premium/Higher Attainers

All children have quality first teaching. Any children with identified SEND or in receipt of pupil premium or funding may have differentiated or adapted work from their peers in order to access the curriculum dependent upon their need.

Teaching, Learning, Planning and Assessment

We use a scheme accredited by the PSHE association called '1 Decision' because of the content and well planned lessons, and resources that are both appealing to our pupils and teachers. This scheme places an emphasis on interactive learning through discussions, investigations and problem solving activities. Teachers organise classes so the pupils are able to participate in discussion and work with set agreed rules. When needed visitors are encouraged to share their experiences with the children. The scheme offers mixed class planning ensuring full coverage of the curriculum is taught. The modules that are taught are progressive in knowledge and skills and builds upon prior knowledge and learning experiences. Each module begins with a baseline assessment to assess children's existing knowledge and a summative assessment at the end of each module which demonstrates a pupil's personal learning journey throughout school. Throughout the modules children are encouraged to reflect on their learning and take part in the scheme's self-assessment activities. Evidence of learning is through discussion and recorded work in their individual files.

PSHE is taught through weekly sessions and can sometimes be introduced through other subjects when links naturally occur. PSHE is extended through activities and whole school events such as 'Sports and Health Week' and residential visits in Key Stage 2. Pupils can then participate in wider curriculum activities to develop their self-esteem as well as having opportunities to develop leadership and cooperative skills.

Role of the Coordinator

- Keep up to date with the changes within the 1 Decision scheme and share these with Staff
- To inspire confidence and trust within the staff and children and lead by example
- To be enthusiastic about the teaching of the subject and monitor the use of resources
- To write an action plan for the subject annually and identify strengths and developments across school
- To report to the governors where relevant
- To monitor and review the policy within school
- To self-review the subject at the end of the summer term which will aid improvement planning for the next year

Related Policies

Safe guarding/child protection

SEND and inclusion policy

Online safety policy

Behaviour policy

Bullying policy

Online safety policy

The Importance of Relationship Education and Health Education

DFE states:

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.'

Our children are growing up in a world very different to that in which we grew up, Relationship Education and Health Education is vital because it provides a holistic foundation to learning. It is taught as part of our academic curriculum ensuring the personal health and wellbeing of children is being addressed; by enabling our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We are using '1decision' as a scheme of work, which keeps ahead of the trends, ensuring it always remains in line with both the statutory curriculum and good practice for the subject. The programme is a reflective resource and always aims to meet the needs of its users. It provides our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Aims of Teaching Relationship Education

Relationships Education is the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults. It addresses the aspects of all relationships inclusive of the LGBTQ+ community, and what children should know in order to be happy, caring and responsible citizens. We refer to this as RSE (Relationships and Sex Education).

At the end of primary school, it is statutory that children should know:

- The importance of families and people who care for them
- What a caring friendship is

- The importance of respectful relationships
- The issues surrounding online relationships
- How to stay safe

See pages 21 and 22 - Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers' document.

See appendix 1 for mapping document from 1 Decision - this outlines how the scheme meets this criteria

Although Relationship Education is compulsory in primary education from 2019 regulations, sex education is not, and does not fall into this category. However, as a school, we do cover some areas of sex education in Year 5/6 in relation to puberty (growing and changing), and conception. This is only taught with parental permission and subject materials are shown to parents first. The material is age appropriate and emotional development of the children is considered and respected throughout.

Health Education

Health education covers good physical health and mental wellbeing. It is imperative that pupils know and understand the benefits and importance of daily exercise, good nutrition and sufficient sleep; and equally to understand the normal range of emotions that everyone experiences.

At the end of primary school, it is statutory that children should know:

- What mental wellbeing is and how to manage this
- The importance of internet safety and harms
- The importance of physical health and fitness
- What it means to eat healthily
- The dangers surrounding drugs alcohol and tobacco
- To understand good health and how to prevent bad health
- The basics of first aid
- To be aware of the changing adolescent body

See pages 32 - 35 of the Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers' document.

See appendix 1 for mapping document from 1 Decision - this outlines how the scheme meets this criteria

Subject Content, Cross Curricular Links and the Broad and Balanced Curriculum

Both Health and Relationship Education is covered in the 1 Decision scheme of work, which was implemented in our school in September 2019. It is a comprehensive and age appropriate program which combines all aspects, in an inclusive, accessible and engaging way. Delivery is over a two year rolling program taken from the delivery topic overview. This is also available for mixed classes. Relationship and Health Education are not taught in isolation and the curriculum content may also be viewed in:

- Science and PE, where focus is on the human body or health and wellbeing
- RE
- History
- Geography
- Creative subjects that support mindfulness

Through teaching these subjects across the curriculum, we hope to equip your child with a deeper knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

How the Subject is Monitored and Evaluated

Mrs Tofield (Early Years teacher) is PSHE lead and is responsible for the monitoring of the subject. This will be undertaken through '1 Decision' assessment tools and the pupils self-assessment tools. Teachers will also feedback to the PSHE lead on the impact of the lessons, through observation, pupils voice and general wellbeing throughout the school.

Religious Character and Belief

Our school understand the importance of different faiths and community groups in the teaching of these elements. With our school, we follow the Cumbria Agreed Syllabus for Religious Education. Religious Education is, by law, locally determined and is reviewed every five years. RE is viewed as a core subject that can be flexibly taught through a cross curricular route or discreetly for at least one hour per week. We ensure that there is continuity, coherence and progression from Reception through to Year 6. The RE curriculum forms an important part of our school's spiritual, moral and social teaching and is therefore linked to Relationship and Health Education.

Burgh-by-Sands is not a faith school but adheres to the DfE guidance which states: 'In all schools, teaching should reflect the law (including the Equality Act 2010) as it applies to relationships, so that young people clearly understand what the law allows and does not allow, and the wider implications of the decisions they make.'

Equality and Accessibility

This school complies with its duties under the Equality Act 2010. This policy should be read in conjunction with Section 149 school guidance found @...

<http://www.legislation.gov.uk/ukpga/2010/15/section/149>

And the schools current equality objectives as listed below:

At Burgh by Sands Primary School, we are committed to ensuring equality of education and opportunity for all pupils, staff, parents and carers, irrespective of race, gender, disability, belief, religion or socio-economic background. In order to further support pupils, raise standards and ensure inclusive teaching, we have set ourselves the following objectives:-

- To narrow any gaps in attainment and progress that have arisen between groups of pupils within the school's community by ensuring that all groups and individuals have their needs fully met in order to make good progress or better.
- To ensure all groups of pupils and individuals have full access to all curriculum activities and opportunities
- To promote spiritual, moral, social and cultural development through all appropriate curricular opportunities, with particular reference to issues of equality and diversity

Relationship and Health Education is statutory in all primary schools but sex education is not. Parents and Carers do have the right to withdraw children from this, after consultation with the head (see link below). However, parents will be fully informed of materials used and the sensitivity given to the subject. It will be age appropriate and only delivered when parental permission is given.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

This policy will be reviewed...October 2024