

Sibford Gower Endowed Primary School



PSHE and Citizenship Policy

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. Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community. They learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen and introduces them to some of the principles of prudent financial planning and understanding. They learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of lifelong learning.

At Sibford Gower Endowed Primary School we regard PSHE and Citizenship as an important, integral component of the whole curriculum. We provide a broad and balanced curriculum, 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.
- Reflects the British Values of:
 - Democracy
 - Rule of Law
 - Individual Liberty
 - Mutual Respect
 - Tolerance of different beliefs and faiths

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Aims

The aims of PSHE and Citizenship fall into 3 core themes:

Health & Wellbeing, Relationships and Living in the Wider World.

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.

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.

Curriculum Provision

PSHE and Citizenship cannot always be confined to specific timetabled time.

PSHE and Citizenship is delivered within a whole school approach which includes:

- Dedicated curriculum time
- Teaching PSHE and Citizenship through and in other subjects/curriculum areas
- Specialised assemblies
- PSHE and Citizenship activities and school events
- Pastoral care and guidance
- Visiting speakers

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As a school we use the **SEAL** materials to underpin our more personalised curriculum. These materials are used to explore the following social and emotional aspects of learning:

- Self-awareness
- Managing feelings (relaxing & Anxiety)
- Assertiveness
- Persistence
- Resilience
- Goal setting
- Motivation
- Social skills

It is important to develop these aspects of learning in the primary curriculum because:

- They underlie almost every aspect of life.
- They enable children to be effective learners.
- They enable our children to get on with other people.
- They enable our children to be responsible citizens.

At Sibford Gower Endowed Primary School we use **Protective Behaviours** which all teachers and teaching assistants have been trained in. Protective Behaviours is a 'practical and down to earth approach to personal safety which works towards creating non-violent individuals, families and communities'. The language used and taught in Protective Behaviours will allow individuals to:

- Improve their relationships
- Be inclusive
- Allow children and others to be/feel empowered
- Observe everyone's right to feel safe

During key stage 1 Children learn about themselves as developing individuals and as members of their communities, building on their own experiences and on the early learning goals for personal, social and emotional development. They learn the basic rules and skills for keeping themselves healthy and safe and for behaving well. They have opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and rights, and become aware of the views, needs and rights of other children and older people. As members of a class and school community, they learn social skills such as how to share, take turns, play, help others, resolve simple arguments and resist bullying. They begin to take an active part in the life of their school and the wider school community.

During key stage 2 Children learn about themselves as growing and changing individuals with their own experiences and ideas, and as members of their

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communities. They become more mature, independent and self-confident. They learn about the wider world and the interdependence of communities within it. They develop their sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national or global issues and political and social institutions. They learn how to take part more fully in school and community activities. As they begin to develop into young adults, they face the changes of puberty and transfer to secondary school with support and encouragement from our school. They learn how to make more confident and informed choices about their health and environment; to take more responsibility, individually and as a group, for their own learning, and how to cope with social issues and respond to social challenges.

Strategies

A wide range of teaching and learning styles are evident in lessons, including opportunities for Circle Time, and emphasis is placed on active learning. Children are encouraged to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly, or involvement in an activity to help other individuals or groups. Learning in PSHE is strengthened by educational trips, visiting experts and themed whole school foci, such as Healthy Week and Taking Care (Protective Behaviours). Please refer to our PSHE curriculum overview for more detail).

Relationships within School

Relationships at Sibford Gower Endowed Primary School are based on an atmosphere of trust and respect for everyone, as enshrined in the school RESPECT Code. Children are encouraged to develop positive relationships with their peers and all staff, and to take responsibility for their own behaviour. Our staff provide excellent role models for children and work hard to promote a safe, happy environment.

The children have an active, democratically elected School Council, the WOMBATS (Willow, Oak, Maple, Beech, Acorn, Together) with two children from each year group appointed to represent the children's views at a monthly meeting.

Equal Opportunities

All children have the opportunity to take part in our PSHE programme. As PSHE has been planned to cover all areas recommended by the National Curriculum, then issues can be met and discussed which may otherwise not arise informally. It is intended that Sibford Gower Endowed Primary School supports the personal and social development of children at home.

Assessment, Recording and Reporting

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Children are informally assessed by staff on an ongoing basis 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. Evidence of PSHE will be in a variety of forms e.g. photographs or scrap books as well as written work. The very nature of PSHE 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.

Other Policy links

- SRE Policy
- Equality Policy & Plan
- Anti-Bullying Policy
- Behaviour and Discipline Policy
- Safeguarding & Child Protection Policy

Monitoring, evaluation and review

The school will review this policy annually and assess its implementation and effectiveness regularly.

Policy Date: December 2015

Review Date: December 2016