

PSHE Policy



Our Lady and St. Oswald's Catholic Primary School

APPROVED BY GOVERNORS: May 2022

RESPONSIBLE PERSON: PSHE Co-Ordinator

At Our Lady & St. Oswald's primary school, the PSHE programme of study brings together citizenship with personal well-being through a values-based education. It is intended to support the school in developing a coherent whole-school approach to personal, social, health and economic well-being (PSHE).

It provides a context for school to fulfil our responsibilities to:

- promote the physical, social and emotional well-being of pupils;
- provide sex and relationships education;
- promote community cohesion;
- achieve the aims of the whole curriculum.

See the SRE Policy for further details of how we meet this responsibility.

Aims

- to give pupils the knowledge and develop the self- esteem, confidence and self-awareness to make informed choices and decisions;
- to encourage and support the development of social skills and social awareness;
- to enable pupils to make sense of their own personal and social experiences;
- to promote responsible attitudes towards the maintenance of good physical and mental health, supported by a safe and healthy lifestyle;
- to enable effective interpersonal relationships and develop a caring attitude towards others;
- to encourage a caring attitude towards and responsibility for the environment;
- to help our pupils understand and manage their feelings;
- to understand how society works and the rights and responsibilities involved.

Content:

Early Years Foundation Stage –

In the Early Years Foundation Stage, PSHE is encouraged through the 'Personal, Social and Emotional Development' curriculum.

PSHE is about making connections and is strongly linked to play. PSHE is taught through activities that are part of topics, as well as on an individual basis to develop personal skills such as dressing, feeding and toileting. Positive experiences are built through daily opportunities to share and enjoy a range of different activities. The children are given the opportunity to engage in social activities, as members of a small group or occasionally during whole school activities.

KS1 and KS2 –

The PSHE curriculum divides the year into values and PSHE may be linked to these values or taught on a more individual basis to promote necessary skills.

Personal development or intervention groups may be based around our core values of honesty, kindness and trust if class teachers deem these to be relevant. Class

teachers may approach the PSHE leader to discuss how to meet the needs of children.

The children are encouraged to engage in activities that promote an understanding of themselves as growing and changing individuals, and as members of a wider community, based on their own first hand experiences. These activities also encourage pupils to understand how their choices and behaviours can affect others. The children are encouraged to play and learn alongside, and then collaboratively with, their peers. They may use their personal and social skills to develop or extend these activities. The children are also given the opportunity to make choices about their health and environment and are encouraged to develop a caring attitude to others.

Planning:

PSHE is planned accordance with the PSHE curriculum. This is usually done in classes.

The teaching acknowledges the importance of personalised learning and the need to plan for the range of attainment levels within a class. This is achieved by:

- setting individual targets based on the assessment approach;
- setting different tasks within sessions;
- using resources appropriate to each individual.

Implementation:

PSHE is taught by class teachers and the school Learning Mentor. It is taught through our Value Based Education, class mental health work and our RHSE (Relationships, Health and Sex Educations) scheme of work 'Ten Ten'.

In addition to this, PSHE is delivered through a range of whole school activities.

Pupils are given opportunities to join in and contribute to local and national initiatives e.g. anti-bullying week, community cohesion projects and fund-raising activities. Pupils may take part in school assemblies, be elected onto the School Council and are encouraged to express their opinions. Pupils are offered a wide range of opportunities to enhance their learning and engage with the concepts and content of the subject through learning in other subjects and areas of the curriculum and out-of-school activities.

'Eat Well', 'Sleep Well' and 'Move More' Weeks.

Each term we devote a week to encouraging the importance of a healthy diet, positive sleep patterns and exercise. Throughout these weeks the children take part in many activities to promote these areas, such as: yoga; dance, cooking, meditation and exercise. Parents are also invited into school to work with their child for various workshops.

Relationships within the school

Relationships within our school are based on an atmosphere of trust and respect for everyone. Pupils are encouraged to develop good relationships with their peers and to take responsibility for their own behaviour. All staff provide good role models for children and work hard to promote a safe, happy environment for the children.

Visitors to the school are welcomed and we value the help and support from parents and governors.

Assessment

Children are assessed informally and a report is given to parents each year.

The Governing Body

Governors determine; support and review school policies. They support the aims of the policy by making resources available wherever possible. Governors receive termly reports, which they use for monitoring purposes. The Governing Body delegates the responsibility for implementing policies and guidelines to the Head Teacher and English subject leader.