



Queen's Croft High School

Personal, Social and Health Education Policy

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PSHE Policy

All schools must provide a curriculum that is broadly based and balanced, and which meets the needs of all students. Under section 78 of the Education Act 2002 and the Academies Act 2010 such a curriculum:

- promotes the spiritual, moral, cultural, mental and physical development of students at the school and of society, and

- prepares students at the school for the opportunities, responsibilities and experiences they already face and for experiences of later life.

PSHE education is essential to such a curriculum and to meeting schools' requirement to promote students' wellbeing. The Department for Education (DfE) has made it clear that schools should make provision for PSHE education, drawing on good practice (see below). PSHE education is a planned programme of learning through which students acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole school approach, it develops the qualities and attributes students need to thrive as individuals, family members and members of society.

PSHE education in the National Curriculum

Section 2.5 of the National Curriculum framework states that all schools should make provision for PSHE, drawing on good practice. In order to help schools to meet this objective, our programme of study identifies the key concepts and skills that underpin PSHE education and help schools to fulfil their statutory responsibility to support students' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life as set out in section 78 of the Education Act 2002.

DfE PSHE education guidance, which supplements the national curriculum framework, also advises that:

'Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle'.

Aims

The overarching aim for our PSHE education is to provide students with:

- Accurate and relevant knowledge;
- Skills and understanding they need to lead healthy, safe, fulfilling, independent, responsible and balanced lives;
- Opportunities to explore, clarify and if necessary, challenge, their own and others' values, attitudes, beliefs, rights and responsibilities.

At Queen's Croft High School, children's wellbeing and safety are our priority, and PSHE is the key vehicle through which we share this with children. We regard PSHE as an 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.

Subject Content

The three overlapping and linked 'Core Themes' are expressed as areas of core knowledge, understanding, language, skills and strategies, and taught in accordance with students' personal readiness, both cognitively, socially and emotionally across all key stages.

It is important to recognise that many decisions about both health and lifestyle are made in a social context or are influenced by the attitudes, values and beliefs of significant others.

Our PSHE education takes account of students' prior learning and experiences. Programmes reflect the universal needs shared by all children and young people as well as the specific needs of the students in the school.

PSHE education is taught through a progressive programme, revisiting themes, whilst increasing the challenge, broadening the scope, and deepening students' thinking.

Our PSHE education prepares students for both their futures and their present day-to-day lives. It is essential that students can recognise and reflect on how learning is relevant to them and can be applied in their own lives.

Our PSHE education has a rich body of knowledge taught through topics. Learners need to 'know about...', 'know how to...' and also 'be able to...'

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 have an attitude of inclusivity, and recognition of diversity and equality.

- Understand the safe use of information communication technology and social media.

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 or perceived threat.
- Know how to manage change, including puberty, transition and loss.
- Understand the risks and consequences of substance, drug, alcohol, physical and emotional abuse.

Living in the Wider World

- Know the importance of demonstrating socially acceptable behaviours and actions.
- Become 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 their own 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 an understanding of enterprise.
- Develop their study and employability skills and know their rights and responsibilities at work.

At Queen's Croft High School, the provision of PSHE is delivered within a whole school approach which includes:

- Dedicated curriculum time
- Form / Class Time
- Specialised assemblies
- Specialised PSHE Focus Days each half-term
- Visiting speakers
- PSHE activities and school events
- Pastoral care and guidance
- Teaching PSHE through and in other subjects/curriculum

We uphold and teach students about British Values which are defined as: Democracy Rule of law, Individual liberty, Mutual Respect, and Tolerance of those of different faiths and beliefs. These values are taught explicitly through Personal, Social, Health and Emotional

Education (PSHE) and Religious Education (RE). We also teach British Values through planning and delivering a broad and balanced curriculum and our school values.