

Altham St. James' CE Primary School

PSHE (Personal, Social, Health education) and RSE (Relationships and Sex education).



Our Mission Statement

Living our lives as Jesus wants us to

- Always be the best that you can be
- Respect the world and everyone in it
- Love, Forgive and reconcile

John 15:12 Love each other as I have loved you

Rational and Ethos

This policy covers our school's approach to PSHE (Personal, Social, Health education) and RSE (Relationships and Sex education). Our RSE programme is an integral part of our whole school PSHE education provision. This policy was produced by the headteacher through consultation with staff, pupils, parents and carers and school governors. Consultation took the form of meetings, pupil interviews and questionnaires.

Policy Availability

Parents and carers have been made aware of this policy through the school messaging service. The policy is available to parents and carers through the school website. If you require this policy in paper form, please contact the school office.

Legislation

Department for Education statutory guidance states that from September 2020, all schools must deliver relationships education (in primary schools) and relationships and sex

education (in secondary schools). Parents cannot withdraw their child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Documents that inform the school's RSE policy include:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014)
- Keeping children safe in education – Statutory safeguarding guidance (2019)
- Children and Social Work Act (2017)

Policy Aims and Objectives

At Altham St. James' CE Primary School, we believe that PSHE and RSE helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives, in order to become informed, active and responsible citizens. All aspect will be taught in an age-appropriate way.

Aims

- To promote physical, emotional and mental health.
- To provide knowledge to help children understand their own and others' rights in the wider political world.
- To provide children with opportunities to develop an awareness of being a good citizen as part of a larger community.
- To involve staff, children, parents and governors in promoting this policy.

Objectives

- To provide opportunities for children to develop confidence and responsibilities enabling them to make the most of their abilities.
- To prepare children to play an active role as citizens in a democratic society.
- To help children develop healthy and safe lifestyles and understand how to help keep others safe and make decisions when faced with choices.
- To aid the development of good relationships and teach children to respect the differences between people.
- To ensure staff are provide with training on up to date initiatives in school

Curriculum Design

Personal and Social Education is taking place all the time in school. It is reflected in the ethos of the school, the nature of relationships with, and between staff, the displays in school and the outside environment of the school. The staff also teach PSHE in class, groups and support groups. It is taught in the following ways:

- In the classroom as a discrete subject
- In the classroom as part of the broader curriculum
- In assemblies
- On school visits
- By visitors to school
- Through curriculum enrichment. For example, raising money for charity or taking part in local community ventures

In planning the curriculum, staff at Altham St. James' provide:

- a classroom climate that encourages a high level of interest for all children
- opportunities for personal growth outside the classroom through responsibility, extra-curricular activities and educational visits
- Opportunities for personal, social, health and citizenship development through individual and group work, discussion and role-play
- involvement in a range of problem solving activities
- preparation and presentation of tasks for different audiences
- positive self-assessment
- positive marking, with oral or written comments
- active participation in the community served by the school

Teaching and Learning across the Curriculum

PSHE can be taught across the curriculum through a variety of subjects. The following curricular links show where some of the PSHE objectives are taught,

- Literacy – skills in enquiry and communication, the use of stories illustrating aspects of PSHE.
- Numeracy – aspects of financial capability, counting and sharing.
- Science – drugs (including medicines), healthy eating, keeping healthy, safety and the environment.
- Religious Education – religious and moral beliefs, values and practices that underpin and influence personal and social issues and relationships.
- Physical Education – teaching and learning about health and safety, development of personal and social skills through team and individual activities, promotion of healthy lifestyles and the importance of exercise.
- Geography – topical issues concerning the environment, study of own locality and the wider world, including less economically developed countries.
- History – looking at reasons behind historical events, changes and diversity within society, significant people, events, ideas and experiences of people from the past.
- ICT – communicating with others, keeping safe online.
- Design and Technology – health and safety, healthy eating, use of technology, realizing the needs of people through designs.
- Art and Design – reflecting on and responding to ideas and experiences communicated through works of art, craft and design from different times and cultures.

- Music – making the most of abilities in playing and singing, cultural diversity, expression.
- Forest School activities- skills in communication, team building and problem solving
- In the Foundation stage our early learning goals involve the children learning about keeping safe and secure developing an understanding of what is right and wrong and why as well as beginning to consider the consequences of their own actions. They also begin to recognise the importance of keeping healthy and those things that can contribute to this.

We also recognise that effective provision of PSHE needs to include discrete teaching in order to ensure full coverage of the Framework at key stages 1 and 2. In school we follow the Discovery Education Health and relationships Programme of Study.

In order to teach the children to be resilient learners, we use and talk to the children about building learning power (BLP).

We also use ‘My Hidden Chimp’ by Professor Steve Peters (author of the Chimp Paradox). This focuses on helping the children to understand and manage their emotions, thinking and behaviour with ten helpful habits:

1. Smiling
2. Saying sorry
3. Being kind to someone
4. Talking about your feelings
5. Asking for help
6. Showing good manners
7. Trying new things
8. Accepting when “no” really means no!
9. Learning to share
10. Doing what you have to do

We also include mindfulness in our daily classroom practice and weekly yoga sessions.

Assessment, Recording, Reporting

Altham St. James’ School is determined to make the curriculum as relevant to the children’s needs as possible. To this end, assessments will be made through observation of children and their work and by talking to and discussion between pupils. We will respond to needs and make changes where appropriate.

Equality of Opportunity

PSHE includes the study of culture, ethnic diversity, physical differences and difference of experience. Through such study, children can acquire understanding of and respect for other people and their values. Pupils should learn that the questioning of assumptions, the rebuttal of stereotyping and an openness to change are valuable qualities. The nature of PSHE lends itself to study by children with a range of different abilities. Children can work on

the same content at different rates and levels.

Staff also follow the whole school equal opportunities policy, ensuring every child in school is offered rich and balanced opportunities.

Parents and the Local Community

At Altham St. James, we aim for PSHE to complement the personal and social development of children provided in the home and the local community. A high priority is working with parents and is a vital part of the whole school approach. Parents are encouraged to become involved in the life of the school. We encourage parent helpers in school and value parents' involvement. Parents are kept fully informed of the school's policy for sex and relationships education and we aim to keep parents and guardians involved in school life. Letters will be sent to parents prior to certain lessons detailing the content of certain lessons. Altham St. James values the contributions of the community and outside agencies to the personal, social and health development and citizenship of its children through active involvement in the life and philosophy of the school. The school invites a wide range of representatives to talk to the children, including the School Nurse, civic leaders, local businesses, Police, Fire Service, local religious and community based figures.

Resources and Helping Agencies

Pupils will have access to a range of resources including:

- visitors to school
- published materials
- visual and audio materials
- computers
- artefacts

The school makes use of a variety of agencies and individuals as supporters, not replacements, of teachers to deliver the PSHE programme including:

- School Nurse
- Community Police Officer
- Road Safety Officers
- Fire Officers
- Impact sessions lead by the Children & Family Wellbeing Service