



# **PSHE POLICY**

**RGS The Grange**

**September 2024**

Katie Bradley, Head of PSHE

## Vision Statement

Many of the statements within the school vision relate to the overall aims and objectives of Personal, Social and Health Education (PSHE). These include:

Through excitement and challenge, children at RGS The Grange develop a joy of learning in an inspirational environment.

Children experience a sense of beauty, awe and wonder.

They are given opportunities to acquire a sense of responsibility within the community, and to nurture a compassionate and respectful attitude towards others.

Children develop their moral values by gaining attitudes of sensitivity, fair mindedness, and honesty.

There are opportunities to develop a sense of individuality, to increase their self-esteem and to take pride in themselves and their achievements, whilst also recognising and celebrating the achievements of others.

Children learn both independently and co-operatively and acquire the lifelong skills of perseverance, communication, and initiative.

They experience physical and mental well-being through leading a healthy lifestyle.

## The Importance of PSHE and Citizenship

At RGS The Grange we encourage children to become healthy, independent, and responsible members of society. PSHE & Citizenship have many strands, each of great importance in achieving the school's aims and objectives and realizing the school vision. Throughout the PSHE & Citizenship curriculum, we will also be working with the children to enhance their understanding, recognition, and ability to develop our intellectual characters, often referred to as our Learning Characteristics.

These include:

- Collaboration
- Creativity

- Curiosity
- Empathy
- Initiative
- Perseverance
- Risk Taking
- Resilience

- Pupils should be able to keep themselves safe in the home, at school, whilst travelling, in play, in sport and in leisure. Safety Education helps them to recognize potential risks.
- Providing children with information regarding Nutrition and PE can be key to encouraging children to maintain a healthy lifestyle.
- Citizenship Education is important because it helps pupils to become knowledgeable, considerate, and responsible citizens in the classroom and beyond.
- Pupils should be able to express and understand their feelings and support their peers facing emotional health issues. Emotional Health and Wellbeing Education enables them to do so.
- Effective Relationship and Sex Education (RSE) is crucial to developing and maintaining emotional and physical health. As the school includes children from the Foundation stage and Key Stages 1 and 2, the emphasis within this aspect will be predominantly on personal changes and relationships, with specific lessons in each year group allocated to age appropriate RSE lessons. However, in Years Five and Six children have a more focused programme on RSE for six weeks. In Year Five, the focus is on physical and emotional changes during puberty and the menstrual cycle. In Year Six, changes are reviewed and then children learn about changing relationships, peer pressure, consent, mental wellbeing, sexual intercourse, pregnancy as well as online safety and pressures from the media.
- Increasing children's knowledge and understanding about Drugs, Alcohol and Tobacco and the effects they produce will help them make safe and informed decisions.

Aims and Objectives
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- To develop the knowledge, skills and understanding needed to lead confident, healthy, independent lives and to become informed, active, responsible citizens.
- To recognise their own worth, work well with others and become increasingly responsible for their own learning and actions.

- To reflect on their experiences and understand how they are developing personally and socially.
- To tackle many of the Spiritual, Moral, Social and Cultural issues that are part of growing up.
- To find out about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of communities.
- To understand and respect our common humanity, diversity and differences.
- To form effective and fulfilling relationships, as this is an essential part of life and learning.

#### Cross Curricular Links

PSHE and Citizenship are two of the few subjects that are truly cross-curricular. It can be related to many topic-based learning opportunities, particularly those with a Science, History and Geography bias. Many Religious Education topics lend themselves to developing PSHE and Citizenship themes. Many strands of English may also be developed through PSHE and Citizenship, particularly speaking, listening and drama. We have also introduced our Wellbeing afternoons, allowing opportunities for mindfulness.

#### PSHE and C&IT

C&IT provides various methods to support areas within the teaching and learning of PSHE and Citizenship. Many useful websites are utilised effectively along with video clips and interactive activities. iPads are utilised as a valuable resource within lessons and are utilised appropriately throughout. All resources and work completed will be uploaded and evidenced on Showbie. Many PSHE objectives are also met within the C&IT curriculum, where we ensure children are appropriately prepared for the ever-changing technological world. The focus being on using the internet safely, being aware of potential risks and understanding what can be done if the children are ever worried or experience something negative whilst using the internet. For example, gaming, social media etc.


## Organisation

The scheme of work is organised to ensure continuity and progression in and between Key Stages, linking inputs in PSHE and Citizenship to other subjects to enable children to re-visit and extend their learning, and understanding throughout their time in school.

## Timing

PSHE is covered each term within classes. Children in both Key Stage 1 and Key Stage 2 participate in weekly structured lessons throughout the three terms. Alongside these lessons, children also participate in weekly structured Religious Studies lessons. Thus, allowing more time to be spent on both subjects enabling a deeper understanding of the areas covered. Alongside lessons, PSHE & Citizenship topics are also regularly covered in Assembly Time and Form Time. Opportunities to develop ideas and continue discussions may also arise during the school day and should be encouraged. In Key Stage 1, we currently allocate 30-minute weekly lessons. In Key Stage 2, currently we allocate discrete PSHE teaching where the children have a 45-minute weekly lesson.

Long Term Planning 2024-25

	Michaelmas	Lent	Trinity	Trips	Whole School Themes
<p style="text-align: center;"><b>Reception</b></p>	<p>All about me Ginger Bear</p>	<p>PSED curriculum</p>	<p>PANTS Programme</p>	<p>Smart Trees Panto Little Big Town Avoncroft Museum</p>	<p>Weekly news Charity Days UK Saint Days Whole school assemblies Class assemblies Picture News Training opportunities for children and staff</p> <p>Anti-Bullying Week Remembrance Day Internet Safety Day Black History Month Pride Month Children’s Mental Health Week Performing Arts Week International Women’s Day World Book Day</p>

					Children in Need/Red Nose Day
Year 1	Relationships – ‘All about me’	Personal Growth (Swimming this term)	Health and Wellbeing ‘My feelings’ ‘Online Safety’ ‘Secrets and Surprises’ PANTS Programme	Little Owl’s Farm Park Worcester-Hive, street art, shambles, cathedral Black Country Living Museum-Victorians	As above
Year 2	Growth Mindset Respecting others and ourselves Goals and Aspirations	Information online (personal and private, asking for permission)  Plastic/Recycling/Conserving Energy	Gender Stereotypes  Influential People Personal Hygiene PANTS Programme	Warwick Castle Botanical Gardens GFoL Workshop Mosque Trip Residential (Brecon Beacons)	As above
Year 3	Class Boundaries & Rules Friendships - hobbies Health & Well-Being- water safety, road safety, medicines	Fairtrade Online Safety Diverse Families Black History Black History Month	Challenging Stereotypes Outdoor & Healthy Lifestyle	Bishop’s Wood Buddhist Temple - link to RSE & Mindfulness Egyptian Day Living Rainforest Mill on The Brue	As above

Year 4	Classroom contract All about me Friendship Cyber Safety	Money matters  Living in the wider world	Preparing for residential trip Changes to our body	Chedworth Roman Villa Blists Hill Ghana Day Bushcraft	As above
Year 5	Classroom Contract Communities and Rights Awesome Me Password Protection	Democracy Chinese New Year Money - Jobs and ways of paying/saving	RSE - Puberty First Aid	Edale Think Tank Cadbury World Birmingham REP	As above
Year 6	Personal qualities Friendships Mindfulness and Self-care Positive Communication	Drugs/Alcohol RSE	Climate Change Living Project Transition	Blists Hill Gurdwara, Birmingham REP Performing Arts Workshop Midsummer Night’s Dream France Trip	

**Key**

- Health and Wellbeing
- Relationships
- Living in the Wider World
- Computing

### **Topics covered in other areas of the curriculum:**

- Anti-Bullying
- Food Technology
- Teamwork
- Climate Change
- Importance of healthy eating and regular exercise

Strategies for teaching
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The planning of the PSHE and Citizenship curriculum puts an emphasis on children making informed choices and taking responsibility for their own actions as well as imparting a body of knowledge.

Children will be involved in individual and paired work, as well as small and large group discussions.

Children in all areas of the school are offered opportunities to hear speakers from a variety of walks of life. For example, different religious beliefs and cultures, where they can talk about their beliefs, celebrations, and varied customs. It is an important part of ensuring we create and celebrate our positive and supportive local community. All children in Key Stage 1 and 2 will also have the opportunity to be involved in RS and PSHE workshops and trips throughout the year.

Many discussions will also arise from areas of study that inspire children's curiosity in relation to areas of PSHE and Citizenship and will therefore be of a less formal nature.

#### Foundation Stage

PSHE and Citizenship in Nursery, Pre-school and Reception is taught as an integral part of the Topic work covered during the year. As these classes are part of the Foundation Stage, PSHE and Citizenship is related to the objectives set out in the Early Learning Goals. In particular the areas of 'Personal, Social and Emotional Development', and 'Knowledge and Understanding of the World' will be a focus.

#### Key Stage 1 and 2

A range of teaching and learning styles are used to fulfil the aims and objectives set out in the PSHE and Citizenship policy. Emphasis is placed on active learning, ensuring children are included in discussions, investigations, and problem-solving activities.



Most structured lessons are in form classes, although we also deliver some topics through group or year group activities. Often links can be made with current topics or subject areas from across the curriculum. We continue to identify new providers, who can further enhance our school programme by delivering relevant sessions to the children to enhance the teaching and learning of PSHE & Citizenship and organise and incorporate these are appropriate. We will continue to utilize workshops and external companies where necessary to supplement our comprehensive PSHE & Citizenship programme. In previous years we have provided Mindfulness and Friendship workshops for Key Stage 2 to support the children with their mental health and to further develop their 'tool kits' for navigating the challenges of friendship. Alongside this, we also have intervention sessions (Flourish and Fly), as well as Wellbeing-afternoons and drop-in Anti-Bullying Clinics.

Assessment and monitoring
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This is a difficult area as it would be intrusive and judgmental to assess children's personal beliefs.

However, how well pupils demonstrate they are developing the skills of responding and evaluating is assessable, along with their knowledge and understanding of relevant issues.

The level and characteristics of skill development vary with experience, education, and maturity. An unthinking, dismissive response to an issue could develop into an informed, reflective evaluation that takes account of the insights of others in considering one's own views.

PSHE folders on Showbie are monitored twice yearly to ensure there is continuity and progression throughout the school, as well as ensuring the planning is being implemented and followed appropriately. The method of recording is adapted to suit the topic being delivered or the needs of the children and is discussed beforehand with the Head of PSHE & Citizenship. In 2024-25, PSHE will continue to be recorded through Showbie, enabling children and staff to evidence their lessons through videos, discussions, photos, voice notes or uploading any files of work that has been completed. This will continue to be monitored and will be an ongoing approach to the assessment and monitoring of PSHE & Citizenship. Not all assessment in PSHE and Citizenship consists of external judgment. Self-assessment is particularly useful in many aspects of learning within PSHE and Citizenship.

## Resources

Resources for PSHE and Citizenship are kept in a central store on Google Drive as well as Year group Showbie classes, with additional resources being available in the library. Throughout the programme of study, stories are often used to introduce or approach topics, and provide a focus point for discussions. Please see planning for specific titles used. Resources for teaching sensitive issues are stored in separate units in Mrs Bradley's classroom, as well as with class teachers who deliver such topics. There are also C&IT resources on Google Drive. Jigsaw and My Life are integral programmes of work, that are used for our Relationships and Sex Education units, alongside additional, which are resources stated in the planning.

## Visits (relevant to subject)

Educational visits can be an excellent opportunity to put many of the social skills acquired within PSHE into practice. Understanding how to behave in public, how to positively represent the school, and how they can take advantage of, and extend learning, opportunities are all well managed through regular PSHE and Citizenship input.

Children in Years Two to Six have a variety of opportunities to attend residential trips, which help to develop their confidence and enable them to put the skills they have learnt into practice.

Educational Visits – See Long Term Plan.

Please note, trips are subject to change throughout the Academic year.

THIS POLICY APPLIES TO ALL PUPILS, INCLUDING THOSE IN EYFS.

Written on: July 2016  
Reviewed July 2024 by Katie Bradley

Co-Ordinator: K Bradley

Sponsor: Headmaster

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