



## PSHE and Citizenship Policy

**Policy Originator:** PSHE&C Lead

**Review Period:** 1 year

**Next Review Date:** Autumn 2018

### Introduction

The overriding ethos of Frimley Church of England Junior School stems from six Core Values: Respect, Responsibility, Perseverance, Honesty, Collaboration and Love. The subject PSHE along with Citizenship, underpins and supports these core values.

### Definition

PSHE (personal, social, health and economic education) is a planned programme of learning opportunities and experiences that help children and young people grow and develop as individuals and as members of families and communities. It helps to equip them with knowledge, understanding and practical skills, appropriate to their age and maturity, in order to live healthy, safe, fulfilled and responsible lives. PSHE also enables children and young people to reflect on and clarify their own values and attitudes, and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future. In short, PSHE makes a significant contribution to children and young people's personal, spiritual, moral, social and cultural development and the ability to understand and reflect upon British values, such as inclusion, acceptance and honesty.

### Citizenship

Citizenship education helps to enable children and young people to make their own informed decisions and take responsibility for their own lives and their communities. It aims to raise awareness of their own, and other people's, rights and responsibilities as citizens including both the social and political world. Citizenship education highlights issues such as the welfare of others, and enables children and young people to be knowledgeable and articulate in reflecting upon their opinions and arguments, assisting them to become increasingly active and responsible in their communities, supporting them in realising their capability of having an influence on the world.

Citizenship education assists schools in promoting the fundamental British values of democracy, the rule of law, individual liberty; furthering mutual respect, appreciation and harmony between people with different faiths, beliefs, cultures and traditions. (Adapted from Citizenship Foundation, and SMSC and British Values, DfE, 2014)

### Aims of PSHE Education in the curriculum

To provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so 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.

Pupils at Frimley learn to understand and respect our common humanity; diversity and differences so that they can appreciate empowering values and go on to form the effective, fulfilling relationships that are an essential part of life and learning.

## **Objectives**

The PSHE/Citizenship programme will support the development of the skills, attitudes, values and patterns of behaviour, which enable pupils to:

- Have a sense of purpose
- Develop the ability to reflect upon situations and circumstances
- Assess risk and possible consequences
- Value and respect themselves and others
- Form and maintain positive healthy relationships
- Make and act on informed decisions
- Communicate effectively
- Apply a restorative approach to conflict resolution
- Work with others effectively
- Respond positively to challenge and appropriately manage feelings of anxiety
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals
- Keep safe in a variety of situations, including, on social media

## **Pupil Voice**

The PSHE&C curriculum benefits from the consultation of pupils about their own personal, social and citizenship development. Pupil voice does take place across the whole school, within particular classes, via the school council or and through the use of focus groups.

## **The organisation of PSHE&C**

PSHE&C takes a whole school approach and is proactively led to prioritise and address mental health and wellbeing. PSHE&C as a subject helps to embed the school aims and values and aids in the development of: SMSC, behaviour to engage successfully and safeguarding principles.

PSHE&C is timetabled and discretely taught on a weekly basis in each class. The school provides enrichment activities to support cross-curricular opportunities, for example Relationships and Sex Education and Drug Education within Science, online safety within Computing, Healthy Living within PE and Healthy Eating within Design Technology. Within the School Council system, pupils are offered opportunities to be part of the Learning Council, the Wellbeing Team, the Sports Council, Environmental Council and School Ambassadors.

PSHE&C is taught by the class teacher. PSHE&C is taught through the planned themes: Health & Wellbeing, Living in the Wider World and Relationships.

Questions asked by pupils will be answered in a way that is appropriate to their age, maturity, understanding and need. Correct vocabulary for terms will generally be used during PSHE lessons, in line with all other curriculum subjects. Often questions will be addressed to the whole class, but should the need arise questions may be answered on an individual or small group basis. Professional judgement will be applied here; this should support the school safeguarding policy. On occasions it may be considered that the people/person best placed to answer a pupil's question is their family/carer/s, and the school will liaise with the pupil's family appropriately.

In addition to the taught PSHE&C curriculum we provide enrichment activities to support the curriculum such as a Healthy Schools Week, Enrichment/Value Days and Anti-Bullying Week.

The residential experiences make an important contribution to the pupils' personal, social, emotional and citizenship development. Assemblies support the delivery of PSHE and Citizenship through planned themes and are used to focus upon specific values, activities and topics; for example respect, care, compassion, inclusion and equality.

## Frimley's PSHE&C scheme of work

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE  Frimley Core Values	<b>Health &amp; Wellbeing</b>  <b>Respect</b>	<b>Health &amp; Wellbeing</b>  <b>Perseverance</b>	<b>Living in the Wider World</b>  <b>Responsibility</b>	<b>Living in the Wider World</b>  <b>Collaboration</b>	<b>Relationships</b>  <b>Love</b>	<b>Relationships</b>  <b>Honesty</b>
3	Setting a goal Healthy food choices Categorising drugs Effects of passive smoking / caffeine	Democracy Anti-bullying week Resolving / dealing with conflict	Fundraising Difference between wants and needs Online safety	Keeping safe from fire Gender stereotypes	Qualities of a good friend Healthy relationships Positive thoughts / self talk Dementia	Differences between male and female (RSE)
4	Setting a goal Nutrition What is a drug? Risks and dangers of smoking and alcohol	Democracy Anti-bullying week Online safety	Fundraising Saving money Water crisis Online safety	Trusted adults Water safety Gender stereotypes	Qualities of a good friend Growth mindset Own rights Responsibilities Living with dementia	Living and Growing (RSE) Human life cycle Basic puberty facts / link to reproduction
5	Setting a goal Nutrition & diet – portion control / food labels / nutrition / hydration	Democracy Anti-bullying week Risks associated with drug use Peer Pressure	Fundraising Money; budgeting Migration Online Safety	Trusted adults Cycling safely Gender stereotypes	Qualities of a good friend Belonging Developing a growth mindset	Living and Growing (RSE) Emotional and physical changes Male and female puberty changes Hygiene
6	Setting a goal Exercise Risks associated with alcohol and drugs	Parliamentary debate Democracy Anti-bullying week Online safety	Fundraising Jobs and salaries Value for money Homelessness Online Safety	Trusted adult Risky behaviour Gender stereotypes	Qualities of a good friend Positive self-talk Positive friendships Difficulties associated with dementia	Living and Growing (RSE) Puberty & reproduction Physical & emotional behaviour Conception to pregnancy Positive & negative communication in a relationship

Frimley Church of England School will teach PSHE&C through the Ealing PSHE&C Scheme of work which has been adapted to fit in and work in conjunction with the teaching of the six core Frimley Values. Through this scheme, pupils' will learn to develop skills and attributes such as resilience, self-esteem, risk-management, team-working and critical thinking in the context of learning grouped into three core themes: health and wellbeing, relationships and living in the wider world (including economic wellbeing and aspects of careers education).

The specialist areas of:

- Relationships and Sex Education
- Drug Education
- Economic Wellbeing and Financial Capability
- Emotional Health and Wellbeing
- Safety Education, and
- Healthy Eating/Healthy Lifestyles

are covered on annually through a developmentally progressive spiralling curriculum. The school fulfils its statutory duty (DfE, 2014) to publish its curriculum (including PSHE&C) online and the PSHE&C Curriculum/Scheme of Work is available on the school website.

### **Effective PSHE&C pedagogy**

A variety of teaching and learning strategies which take into account pupils' age, development, understanding and needs are used to deliver PSHE&C. Pupils will need to work in a safe, secure climate to be able to explore their own and others' attitudes, values and skills. Teachers and staff should be sensitive to pupil and family situations and backgrounds and give consideration to these issues when planning the lessons.

Effective PSHE&C lessons will involve a high level of interaction where each pupil has planned opportunities for learning through:

- the effective use of PSHE&C Ground Rules/PSHE&C Class Charter
- the development of a trusting relationship between the teacher and the pupils enabling the consideration of sensitive issues to take place
- collaborative work
- opportunities for reflection
- challenge within a safe environment
- respect for each genuinely made contribution
- negotiation
- accommodating new information and skills
- building on current experience and using first-hand learning to achieve positive ends.

### **PSHE&C Monitoring, assessment, recording and reporting**

#### **Monitoring**

The PSHE&C Lead will monitor the delivery of PSHE&C through observation, planning, work sampling, learning walks, and discussions with teaching staff and pupils to ensure consistent and coherent provision. The Surrey Healthy Schools Annual Review process helps to monitor provision and identify strengths and areas for development – this is completed on a yearly basis. ([www.surreyhealthyschools.co.uk](http://www.surreyhealthyschools.co.uk))

#### **Assessment**

Assessment is a planned part of teaching and learning which helps to set clear expectations for standards and achievement. It ensures progression in teaching and learning and motivates pupils because they become partners in the assessment process. Assessment in PSHE allows pupils to be clear about strengths and weaknesses in their learning, and enables teachers to be clear about the achievements of their pupils and how their learning might be improved.

#### **Links with other policies**

We recognise the clear link between PSHE and the following policies and staff are aware of the need to refer to these policies when appropriate

- Relationships and Sex Education Policy
- Drug Education Policy
- Teaching and Learning Policy
- Safeguarding and Child Protection Policy
- Anti-bullying Policy
- Behaviour Management Policy
- School Food Policy
- Physical Education Policy
- E-safety Policy
- Health Safety and Welfare Policy & Arrangements for Frimley Church of England School document
- Supporting Children with Medical conditions policy

### **Autumn 2017**