



# Arnold Mill Primary School PSHE and Citizenship Policy 2026-2027

<b>Approved by:</b>	S&P Committee
<b>Last Review Date:</b>	May 2026
<b>Next Review Date</b>	May 2027

The umbrella of our curriculum for PSHE and Citizenship encompasses Relationships Education, Health Education, Relationship and Sex Education, Mental Health and Online safety.

### **Aims and objectives:**

At Arnold Mill Primary School, we firmly believe the implementation of Personal, Social and Health Education (PSHE) and Citizenship as well as Relationships Education within the curriculum, enables children to become healthy, independent and responsible members of society who encompass British Values.

Lessons offer learning opportunities across and beyond the curriculum, including class-based activities, assemblies, circle time, nurture groups, sensory time, special school projects and extra-curricular opportunities aimed to enrich pupils' experiences. Our objective is to work alongside parents and carers to support and help our young people through their physical, emotional and moral development and aims to help them understand how they are developing personally and socially; tackling many of the moral, social and cultural issues that are part of growing up.

As well as encouraging our pupils to play a positive role in contributing to the life of Arnold Mill Primary, this is also extended to the wider community. In doing so, we help develop their sense of self-worth and they learn to appreciate what it means to be a positive member of a diverse multicultural society.

PSHE and Citizenship, Relationships Education and RSHE within Arnold Mill Primary aims to enable children to:

- Understand what constitutes a healthy lifestyle, (PSHE)
- Know how to support and look after mental wellbeing, (PSHE)
- Apply basic first aid, (PSHE)
- Develop self-confidence, self-esteem and make informed choices regarding personal and social issues, (PSHE)
- Have respect for others and their differences, (PSHE)
- Be aware of unsafe situations, and how to avoid and deal with these, (PSHE)
- Know how to keep themselves safe online, (PSHE)
- Understand the facts and risks associated with drugs, alcohol and tobacco, (PSHE)
- Develop a positive mind-set that builds resilience and allows children to deal with difficult situations, (PSHE)
- **Recognise and talk about their feelings, develop strategies to manage emotions, and know how to ask for help when needed (PSHE)**
- Be independent and responsible members of the school community, (PSHE)
- Be positive and active members of a democratic society, (PSHE)
- Develop good relationships with other members of the school and the wider community, (PSHE)

- Understand how to stay safe online, including keeping personal information private, recognising that not everything online is true, and knowing what to do if something makes them feel worried or uncomfortable (PSHE)
- Understand the importance of, and exercise British Values: Democracy, The rule of law, Individual liberty, Mutual respect, Tolerance of those of different faiths and beliefs. (PSHE)
- Understand what healthy relationships look like (Relationships Education)
- Understand appropriate behaviour within a relationship and what to do if there are issues that give them unsafe and uncomfortable feelings (Relationships Education)
- Understand personal boundaries, including that they have a right to feel safe and can say 'no' to anything that makes them uncomfortable (Relationships Education)
- Understand age-appropriate information about sexual development (RSHE)
- Understand their changing adolescent bodies (PSHE/ RSHE)
- How to recognise bullying and peer-on-peer behaviour (RSHE)

#### **Links with other Policies and Curriculum areas:**

- Child Protection
- Confidentiality
- Equal Opportunities
- Relationships and Sex Education Policy
- Science curriculum
- Teaching and Learning Policy
- Computing Policy and curriculum
- Healthy Schools Policy
- Anti-Bullying
- Disability Equality Scheme
- Drugs Education Policy
- Health and Safety Policy
- Inclusion Policy
- Personal Care Policy
- Global Awareness
- British Values

All policies are available on both the school's internal sharing system, Microsoft Teams and the School website.

Staff are aware of the need to refer to these policies when appropriate.

#### **Statutory requirements:**

PSHE and Citizenship and Relationships Education is a statutory requirement and therefore will form part of every child's weekly learning. Arnold Mill encourages respect for all regardless of gender, ethnicity, ability, faith, culture, sexuality, sexual orientation,

disability, home background or other personal circumstance. Within our provision of PSHE and Citizenship and RSHE, we will ensure that resources used, and teaching styles employed, reflect and support the diversity of our pupils and wider society. All members of the school community will feel safe, valued and respected. Parents and carers do not have the right to withdraw their child(ren) from any of the mandatory 'Relationships Education', lessons taught within in Science, or Health Education in any year group. Parents have the right to request that their child be withdrawn from the non-statutory elements of sex education taught in Year 5 and 6. Requests should be made in writing to the Headteacher. (See also Equality and RSHE Policy).

We recognise that children at the school come from a range of family backgrounds, these include: children whose parents are not married, children whose parents have divorced or separated, children in public care, children living with foster parents, grandparents, parents of different ethnicities, disabled parents, same-sex parents and single parents. We will endeavour to ensure that children see these family groupings and relationships represented and affirmed within the PSHE and Citizenship and RSHE curriculum and resources.

**Teaching at our school reflects the diversity of modern Britain and supports pupils to understand and respect differences, including those related to the protected characteristics outlined in the Equality Act 2010, in an age-appropriate way."**

#### **PSHE and Citizenship and RSHE curriculum planning:**

Our PSHE and Citizenship planning and monitoring system comes from the Coram Life Education - SCARF programme (Safety, Caring, Achievement, Resilience, Friendship). SCARF is a weekly framework of lessons for each year group that has been closely mapped to the PSHE Association programmes of study. In some instances, such as the teaching of Drugs Education (DAaRT - please see our Drugs Education Policy for details of coverage), Relationship and Sex Education (RSHE), or where there has been a class or school issue, the relevant PSHE and Citizenship subjects may be taught as independent discrete lessons using appropriate planning and resources from outside of SCARF. Any changes to the SCARF planning timetable will be evidenced in the PSHE and Citizenship folder alongside any lesson planning and work produced.

Where there is an overlap between the PSHE and Citizenship programme of study and other subjects such as Science, Global Awareness or Religious Education, lessons may be cross-curricular, and children's work evidenced in a different workbook to normal. When this has happened, evidence in the PSHE and Citizenship Class Folder will note this and direct the co-ordinators to where it can be found.

#### **Whole school delivery of PSHE and Citizenship:**

In Foundation, PSHE and Citizenship is delivered by both Teachers and Teaching Assistants in circle time sessions and through opportunities integrated in every-day learning. F1 and F2's planning and lesson content comes from the CORAM SCARF programme of study.

In Key Stage 1 and Key Stage 2, PSHE and Citizenship sessions are taught by Class Teachers and Teaching Assistants. Key Stage 1 and 2's planning and lesson content comes from the SCARF programme of study. **Teaching is adapted to meet the needs of all pupils, including those with SEND, ensuring that content is accessible and appropriate.**

In all classes, staff use a range of teaching and learning styles dependent on what subject is being taught and the age and the learning style of the children involved. School places an emphasis on active learning by including the children in discussions, investigations and problem-solving activities. Where possible, we encourage the children to take part in a range of practical activities that promote independence, cooperation, resilience and active citizenship. Activities that support this include: fundraising, or involvement in an activity to help other individuals or groups less fortunate than themselves. For example: Harvest collections for the Salvation Army food banks, Children in Need collections, Red Nose Day collections, whole-school World Environment Day awareness and Water Aid collections. Where possible, the children are offered the opportunity to hear visiting speakers, such as the SCARF Life Education Bus, Fire fighters and representatives from the local church; whom we invite into school to talk about their role in creating a positive and supportive local community. Teaching of the British Values is incorporated into SCARF planning and PSHE lessons begin with identifying which value will be a focus for learning within the session. **Pupils are taught how to stay safe online through age-appropriate discussion and activities.**

RSHE is taught within the personal, social, health and economic (PSHE) education curriculum. More informal 'Relationships Education' will be covered through assemblies, circle-time, storytelling and play based learning and specific social aspects of Relationships Education will be covered within mandatory, age-appropriate PSHE sessions. Biological aspects of RSHE will be taught in Science lessons, PSHE and in Upper Key Stage 2; specific Sex Education lessons. (See Relationships and Sex Education Policy).

### **British Values - Intent:**

Arnold Mill Primary School has a duty to 'actively promote' the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. In school, we promote the spiritual, moral, social and cultural (SMSC) development of our pupils and through this demonstrate our commitment to fostering fundamental British values.

### **Implementation:**

Through assemblies, class and corridor displays, the study of PSHE (including RSHE), RE and cross curriculum learning, we have established a strong school ethos that supports effective relationships throughout the school and provides relevant activities in and beyond the classroom to ensure our pupils understand and apply British Values in their learning and social times.

It is expected that our children should understand that while different people may hold different views about what is 'right' and 'wrong', all people living in England are subject to its law. The school's ethos, curriculum and teaching help children understand the importance of following rules and laws, the need to elect representatives and encourage pupils to regard people of all faiths, races, gender, sexual orientation and cultures with respect and tolerance.

### **Teaching Sensitive and Controversial Issues:**

Sensitive and controversial issues may, at times, arise in and outside of PSHE and Citizenship lessons. **Staff will establish clear ground rules to ensure pupils feel safe, respected and able to contribute appropriately when discussing sensitive topics** and will be prepared to handle personal issues, to deal sensitively with, and to follow up appropriately, disclosures made in a group or individual setting using the School's Safeguarding Policy. Some PSHE and Citizenship topics may be considered sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs such as: family lifestyles and values, physical and medical issues, financial issues, bullying and bereavement.

Where this occurs, staff will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views. Staff will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence. Staff will seek to establish a classroom climate in which all pupils are free from any fear of expressing reasonable points of view that contradict those held either by their class' members or staff or their peers.

### **Safeguarding:**

**Relationships Education and Health Education (RSHE) is an important part of the school's safeguarding curriculum. Through age-appropriate teaching, pupils learn how to stay safe, recognise when something is wrong, and know how to seek help from a trusted adult. This includes understanding safe and unsafe behaviours, both in person and online.**

At Arnold Mill, we are aware that sometimes disclosures may be made during PSHE and Citizenship and RSHE sessions. Where this happens, the school's safeguarding procedures, and where appropriate the Confidentiality Policy, will be followed immediately. The Safeguarding lead will be informed and the incident will be logged on CPOMS, where appropriate. Sometimes it is clear that certain children may need time to talk one-to-one after the session ends. Staff will acknowledge it is important to allow the time and appropriate staffing for this to happen. If a disclosure occurs, the school's disclosure and/or confidentiality policy is followed.

Where PSHE and Citizenship subjects cover Relationships Education, staff and planning will ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. School will ensure that we comply with the relevant provisions of the Equality Act 2010, (please see The Equality Act 2010 and Schools: Departmental advice). All planning will ensure that teaching is sensitive and age appropriate in approach and content and will fall in line with the other policies mentioned above.

**Roles and responsibilities:**

**Staff** are responsible for:

- Delivering PSHE and Citizenship, British Values and RSHE in a sensitive way.
- Modelling positive attitudes to PSHE and Citizenship, British Values and RSHE.
- Monitoring planning, delivery and progress.
- Responding to the needs of individual pupils.

**Pupils:**

- Pupils are expected to engage fully in PSHE and Citizenship and RSHE and, when discussing issues related to these, treat others with respect and sensitivity.

**Training and resources:**

Staff training on the use and delivery of the SCARF resources will be kept up to date, with any curriculum or framework changes being fed back. PSHE and Citizenship leaders will also attend any training deemed relevant, and work as part of the White Hills Park Trust groups and networks for staff peer-to-peer support and training.

**Monitoring and Evaluation:**

The delivery of PSHE and Citizenship in school is monitored by the PSHE and Citizenship Coordinators through: *Planning scrutinies, learning walks, book scrutinies, folder inspections and staff and pupil meetings and questionnaires.*

Through the above, the PSHE and Citizenship Coordinators will monitor delivery of the PSHE and Citizenship Programme of Study to ensure consistent and coherent curriculum provision.

Evaluation of the programme's effectiveness will be conducted on the basis of:

- Pupil and teacher evaluation of the content and learning processes.
- Staff meetings to review and share experience.
- Children's opinions, work and understanding.

Pupils' development in PSHE and Citizenship is monitored by class teachers as part of our internal assessment systems.

This policy will be reviewed by The PSHE and Citizenship Coordinators and Headteacher annually. At every review, the policy will be approved by the Governing Board.

**Dissemination:**

This policy is available on our school website; where it can be accessed by the community. Training is regularly delivered to staff on the policy content. Copies are available from the school office on request.

The school works in partnership with parents and carers. Information about Relationships Education and Health Education (RSHE) will be shared in advance where appropriate, and parents will have opportunities to view resources and discuss any questions with staff.