

# Personal, Social and Health Education at Birdseye First School



Dear families

Like you, we all want the children in our school to grow up healthy, happy, safe and able to manage the challenges and opportunities growing up in our modern world. As you may be aware, from September 2020, it will be statutory for all primary age children to be taught Relationships Education and Health Education. Due to Covid, this date has been extended slightly to Summer 2021.

As a School we strongly value both these areas of education and already teach this in our existing PSHE curriculum. We do this through the following elements already in place in our school curriculum:

- An active School Council with weekly meetings and Class Council sessions
- Whole School Behaviour system based on a coaching tool
- Weekly PSHE assemblies with linked whole school challenges or activities
- Weekly PSHE lesson taught by each class teacher.

Themed days or week across the year joining in with National initiatives or awareness days, for example: Safer Internet Day, Careers Week, Road Safety Week and Anti-Bullying Week.

As you know, as part of the School Improvement Plan, we are working hard to develop our wider curriculum during this school year. As part of this developed curriculum we will have six, half termly themes used as drivers for teaching our PSHE curriculum, these are outlined overleaf.

In order to be clear with families about any changes and additions to the curriculum, in light of the new Relationship Education, we have put together a revised policy for this area of the curriculum, which can be found on the inside pages of this booklet. A useful guide for parents published by the DfE can also be found on the back page to support this. If you have any questions, queries, comments or suggestions regarding our Relationship and Health Education in school please do email me at [dwaddington@themast.co.uk](mailto:dwaddington@themast.co.uk) contact me through the school office. I would welcome your time and contributions.

Thank you for your continued support

Mr D Waddington

What is PSHE?	<p>As outlined by the PSHE Association, PSHE is defined as:</p> <p><b><i>'a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society'.</i></b></p> <p>Furthermore, PSHE education equips pupils to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. A critical component of PSHE education is providing opportunities for 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. PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.</p>
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Aim	<p>Section 2.5 of the National Curriculum Framework states that all schools should make provisions for PHSE education, drawing on good practice. Birdsege First School uses the PHSE Programme of Study (PHSE Association) to ensure that key concepts, skills and attributes are developed through our PSHE curriculum. As a school we aim to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life. In line with the PSHE Association we follow the key aims of providing pupils with:</p> <ul style="list-style-type: none"> <li>• accurate, balanced and relevant knowledge</li> <li>• opportunities to turn that knowledge into personal understanding</li> <li>• opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities</li> <li>• the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives</li> <li>• opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy</li> </ul>
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Monitoring	<p>As a subject PSHE is monitored and evaluated in school by subject leader Donna Waddington and Quality Assured by The MAST. Monitoring and evaluation of the subject is achieved through the following:</p> <ul style="list-style-type: none"> <li>• Termly learning walks focusing on class culture and ethos</li> <li>• Termly child interviews to gather pupil voice</li> <li>• Annual Pupil Survey</li> <li>• Half Termly evaluation of PSHE subject Action Plan</li> </ul>
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## Teaching PSHE

At Birdsedge First School we stay loyal to ensuring that our PSHE curriculum is not a series of 'one-off' stand-alone lessons. Instead we ensure that the core values and concepts wrap around everything we do. We do this through:

- Having an active School Council with weekly meetings and Class Council sessions
- Whole School Behaviour system based on a coaching tool
- Weekly PSHE assemblies with linked challenges and activities
- Weekly PSHE lesson
- Themed weeks and days linked to wider initiatives and awareness raising
- A school culture focused on developing children's personal, social and emotional skills in every conversation and interaction

As a school we follow the PSHE Association Programme of Study and follow the DfE Relationship Education and Health Education statutory guidance to ensure curriculum coverage through six half termly key themes. You can see underneath how these follow the three main themes as set out by the PSHE Association.

'We are Respectful'	'We are Inclusive'	'We are Safe'	'We are Happy'	'We are Responsible'	'We Belong'
<p><b>Living in the Wider World</b> This core theme focuses on:</p> <ol style="list-style-type: none"> <li>1. about respect for self and others and the importance of responsible behaviours and actions</li> <li>2. about rights and responsibilities as members of families, other groups and ultimately as citizens</li> <li>3. about different groups and communities</li> <li>4. to respect diversity and equality and how to be a productive member of a diverse community</li> <li>5. about the importance of respecting and protecting the environment</li> <li>6. about where money comes from, keeping it safe and the importance of managing it effectively</li> <li>7. the part that money plays in people's lives</li> <li>8. a basic understanding of enterprise</li> </ol>		<p><b>Health and Wellbeing</b> This core theme focuses on:</p> <ol style="list-style-type: none"> <li>1. what is meant by a healthy lifestyle</li> <li>2. how to maintain physical, mental and emotional health and wellbeing</li> <li>3. how to manage risks to physical and emotional health and wellbeing</li> <li>4. ways of keeping physically and emotionally safe</li> <li>5. about managing change, including puberty, transition and loss</li> <li>6. how to make informed choices about health and wellbeing and to recognise sources of help with this</li> <li>7. how to respond in an emergency</li> <li>8. to identify different influences on health and wellbeing</li> </ol>		<p><b>Relationships</b> This core theme focuses on:</p> <ol style="list-style-type: none"> <li>1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</li> <li>2. how to recognise and manage emotions within a range of relationships</li> <li>3. how to recognise risky or negative relationships including all forms of bullying and abuse</li> <li>4. how to respond to risky or negative relationships and ask for help</li> <li>5. how to respect equality and diversity in relationships</li> </ol> <p><b><i>*Through this theme the 5 key areas of Relationship Education are taught:</i></b></p> <ol style="list-style-type: none"> <li>1. <b><i>Families and people who care for me</i></b></li> <li>2. <b><i>Caring Friendships</i></b></li> <li>3. <b><i>Respectful Relationships</i></b></li> <li>4. <b><i>Online Relationships</i></b></li> <li>5. <b><i>Being Safe</i></b></li> </ol>	

## Withdrawal

- You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.
- The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.

If you have any concerns regarding content of the PSHE curriculum please do arrange to speak to Head teacher, Mrs D Waddington.

## Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

### Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '[relationships and health education](https://www.gov.uk)' on GOV.UK.

### Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching '[relationships and health education](https://www.gov.uk)' on GOV.UK.



## Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



### Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.