



**Being safe, being  
respectful, being *our* best**



**Ready Robert**



**Resilient  
Rosie**



**Resourceful  
Roy**



**Reflective  
Rhianna**



**Responsible  
Ruben & Ruby**

# Earith Primary School: PSHCE Policy

Last reviewed on: September 2023

Next review due by: September 2026

Person responsible: Sarah Matthews

DSL/PSHCE Lead.

Ratified by LGB: **November 2023**



# PSHCE POLICY

## PERSONAL, SOCIAL, HEALTH AND CITIZENSHIP EDUCATION

### 1 Context

This policy supports a whole school approach to PSHE and Citizenship (PSHCE) in the curriculum, and throughout the life of the school and its community. It is consistent with current legislative frameworks and non-statutory guidance.

#### 1.1 Statutory Status of Relationships Education and Health Education

This policy takes account of the requirement that all schools with primary aged children must teach Relationships Education and Health Education from September 2020. We will teach these two statutory subjects in the context of our wider Personal, Social, Health and Citizenship Education (PSHCE) curriculum.

#### 1.2 Wider Context

Our approach to the teaching of PSHCE supports our duties relating to Keeping Children Safe in Education, Equality Act 2010, SEND, promoting fundamental British Values and Spiritual, Moral, Social and Cultural (SMSC) development. It also supports us in meeting the standards set out by Ofsted in relation to 'Behaviour and Attitudes' and 'Personal Development'.

##### 1.2.2 Duty to Promote Wellbeing

The Education and Inspections Act 2006 places a requirement on schools to promote pupils' wellbeing (as defined in the Children Act 2004) as well as their academic achievement. It also includes a duty to support community cohesion. We are committed to promoting the health and wellbeing of children and of the whole school community, and fully recognise the significant connection between wellbeing and learning. PSHCE is a significant part of our response to these duties.

##### 1.2.3 National Curriculum

The National Curriculum states that all schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. It must also:

'Promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils at the school for the opportunities, responsibilities and experiences of later life.'

##### 1.2.4 Healthy Schools

*We are committed to developing a 'Healthy School' climate and culture. This means that we place teaching and learning in the wider context of our approach to:*

- The school ethos, culture, environment, SMSC development, and positive relationships throughout the school

- Inclusive policy development
- Giving children a voice, for example, through an effective school council –led by the Headteacher, a Head Boy and a Head Girl. Further pupil voice through fortnightly discussions built into PSHCE lessons – based on children’s views and matters of importance for children.
- Provision of and signposting to support services for children
- Partnership with parents/carers, the local community, external agencies and volunteers to support pupil health and wellbeing
- We encourage healthy lifestyles in different curriculum areas and through our daily routines, for example, partaking in the Daily Mile, planning opportunities for outdoor teaching and learning, encouraging children to have healthy snacks.

### 1.3 Our beliefs about PSHCE

We believe that PSHCE has the power to enhance the health and wellbeing of all children, their families and the whole school community. It has a positive influence on the ethos, learning and relationships throughout the school. It is central to our values and to achieving our school’s aims.

PSHCE helps children to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives, now and in the future, as individuals, citizens, workers and parents. It is embedded within wider learning to ensure that children learn to develop resilience and healthy relationship skills, which they will practise and see enacted in the school environment.

### 1.4 Defining PSHCE

We will use ‘Personal, Social, Health and Citizenship Education’ (PSHCE) as an umbrella term for all aspects of practice and learning in our school associated with wellbeing and health. A significant part of our PSHCE provision will be accessed through the planned, taught curriculum. Our PSHCE curriculum is supported by whole school enrichment activities.

Many aspects of our PSHCE provision are statutory from Sept 2020, as part of Relationships Education and Health Education. However, there are other areas which we consider important for our children e.g. Road Safety and Financial Education. These areas are not statutory, but we will teach them in the wider context of our PSHCE provision to meet the needs of our children.

### 1.5 Intent of our PSHCE Curriculum

As found in our PSHCE III, our intent for PSHCE is:

- To develop self-awareness of all the pupils in our care.
- To develop children’s knowledge, skills and attributes in order to keep themselves healthy, safe and prepared for life and work.
- To develop children’s skills in communication, risk management, teamwork and critical thinking.
- To develop children’s ability to make sound decisions around health and wellbeing for themselves and for others.
- To support children in their understanding of what a healthy, positive relationship is.
- To support the children’s development of empathy, resilience and self - esteem
- To develop children’s understanding of economic wellbeing.
- To give children the skills and knowledge and attributes needed to thrive as individuals, family members and a member in society.
- To develop children’s aspirations.
- Children can articulate how they are responsible, ready, reflective, resourceful and resilient (the 5Rs)
- To develop children’s understanding of the British values and how these values are essential in modern-day Britain.

## 2. Implementing Policy

### 2.1 School Aims and Values

This PSHCE policy is set within the wider context of the school's aims and values, which include the following:

Our school motto is 'being safe, being respectful and being *our best*'. Our school's vision which is to become a beacon school for providing children with the most personalized learning journey it can offer. This experience – which has been brought about – by the very best quality of teaching & learning/education it can offer; effective leadership; excellent pupil & adult relationships; grounded in pastoral and inclusive practices, with access to a superb provision that supports pupils' social, emotional and physical wellbeing. Our core values are based around 5Rs of readiness, resilience, resourcefulness, reflectiveness and responsibility.

### 2.2 Aims of our PSHCE Policy

The aim of our PSHCE Policy is to ensure quality and consistency in our approach to all aspects of PSHCE in our school. This includes our whole school approach to promoting health and wellbeing, as well as the curriculum.

The policy aims to:

- explain the role PSHCE plays in the life of the school and in children's learning, within the context of national and local guidance
- promote partnership work with parents/carers to support children's learning and development in PSHCE, health and wellbeing
- provide guidance to help ensure the quality of methodology and approaches to teaching and learning in PSHCE
- support the PSHCE coordinator in monitoring, reviewing and developing practice.

### 2.3 Related Policies

This policy acts as an overarching policy for theme-specific policies and guidance in areas such as Anti-bullying and Relationships and Sex Education. These policies include more detailed explanation of how these themes will be delivered.

It is also linked to and is delivered in the context of policies such as: Behaviour, Safeguarding, Anti-bullying, SEN/Inclusion, Equality and Diversity, Health and Safety, Use of Visits/Visitors, ICT/Computing (including E-safety & Acceptable Use policy).

### 2.4 Implementing Our PSHE Curriculum

Our PSHE and Citizenship programme (which is covered through the taught curriculum and our wider provision) includes teaching and learning within the following strands and themes:

**Myself and My Relationships:** including My Emotions, Beginning and Belonging, Anti-bullying, Family and Friends and Managing Change.

**Healthy and Safer Lifestyles:** including Personal Safety, Digital Lifestyles, Drug Education, Relationships and Sex Education, Healthy Lifestyles and Managing Safety and Risk (including Road Safety).

**Citizenship:** including Diversity and Communities, Rights, Rules and Responsibilities and Working Together.

**Economic Wellbeing:** including Financial Capability.

### 2.5 Inclusion, Equality and Diversity

We promote the needs and interests of all pupils, inclusive of gender, culture, ability and aptitude. Our approaches to teaching and learning take into account the ability, age, readiness and cultural backgrounds of the children to ensure that all can access the PSHCE curriculum.

In relation to those with special educational needs, we will review our PSHCE programme to ensure that appropriate provision is made. When working with children with additional needs we consider:

- their level of vulnerability
- their need to develop assertiveness and their sense of self
- the need to involve all staff and carers in policy development, planning and training
- the need for a range of approaches to teaching and learning to ensure they are genuinely inclusive
- Sources of support for pupils.

In relation to ethnicity, religion and cultural diversity, we value the different backgrounds of our children and, in acknowledging and exploring different views and beliefs, seek to promote respect and understanding.

We are particularly aware of our duties under the Equalities Act and will ensure that all children with protected characteristics, or whose family members may have protected characteristics, see themselves reflected in our PSHCE provision. We will achieve this by careful selection of teaching resources, case studies and children's fiction.

The protected characteristics are: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

We recognise that PSHCE is a prime location for proactive teaching of skills relating to empathy, acceptance and respect for diversity.

We promote social learning and expect our pupils to show a high regard for the needs of others. PSHCE is an important vehicle for addressing both cultural and gender issues and for promoting equal opportunities and access for all.

## 2.6 Confidentiality and Safeguarding

The delivery of high quality PSHCE supports us in delivering our statutory duties relating to Safeguarding. We recognise that many areas of PSHCE will prompt children to reflect on their own families, relationships and personal experiences. We know that, for some children, this will highlight disparities which may cause them to seek help from trusted adults in school.

Staff will build safe learning environments. Staff will use distancing techniques such as puppets, case studies and children's fiction to make direct talk about home circumstances less likely in a whole class teaching situation.

Adults will ensure that children understand what adults (and their peers) may and may not keep confidential.

If visitors are working in a classroom or other teaching situation, they will follow the school's policies/guidance on confidentiality and on safeguarding, and other relevant school policies.

All staff are aware of the Safeguarding and Child Protection procedures and will report disclosures or concerns to the Designated Safeguarding Lead (DSL) immediately.

# 3. Involving the Whole School Community

## 3.1 Working with Staff

Within the context of the School Development Plan/ Professional Development Plan, support and training will be made available to all staff as appropriate. This includes allocating time at staff meetings to introduce new areas of work and to review the effectiveness of the approaches used. Whole staff training is used where there are development needs for the whole staff. Individual staff members are offered training opportunities to enable them to fulfil their roles.

We recognise that PSHCE and wellbeing are relevant to members of staff in all roles, and we ensure training and support is accessible for all staff. Some training opportunities may be organised for all staff.

Staff members are informed about the location and content of policies that apply throughout the school.

The coordinator is entitled to receive training in their role. This supports them to lead on the development of the school's policy and practice and to monitor its implementation. This practice includes the curriculum and approaches to teaching and learning, as well as whole school approaches to promoting health and wellbeing. They also take responsibility for supporting other members of staff in their work relating to PSHCE, which may include ensuring appropriate training opportunities.

## 3.2 Engaging with Pupils

If PSHCE is to be effective, we understand that it must meet the needs of pupils. Also, we recognise that if pupils are fully engaged in areas of work, they will build ownership in these areas, leading to more positive outcomes.

- We will seek opportunities to discuss children's views about the content of their PSHCE lessons within our planned themes, for example, through pupil voice.
- We will utilise school council/class council/whole school assemblies to engage with children on key areas of whole school development.

## 3.3 Working with Governors

The governing body as a whole plays an active role in monitoring, reviewing and developing the policy and its implementation in school.

## 3.4 Communicating with Parents/Carers

We recognise the key role that parents/carers fulfil in supporting their children through their personal development and the emotional and physical aspects of growing up. Therefore we seek to work in partnership with parents and carers when planning and delivering PSHCE. We encourage this partnership by:

- informing parents/carers through our curriculum newsletters and knowledge organisers of forthcoming PSHCE topics and their content
- informing parents/carers about aspects of the PSHCE curriculum through the website/newsletter e.g., information about anti-bullying and support for mental health.
- providing supportive information about parent/carers' roles in PSHCE and how they can develop protective factors with their children
- including out of school learning/family learning opportunities within our curriculum for PSHCE, and encouraging children to share at home their learning about all aspects of PSHCE
- inviting parents/carers to discuss their views and concerns about PSHCE, on an informal basis.

Parents and carers will be given access to this policy on request. It is also available on the school website.

## 3.5 Working with External Agencies and the Wider Community

Where appropriate we use visits and visitors from outside agencies or members of the community to support the PSHCE programme. This is an enrichment of our programme and not a substitute for our core provision which is based upon the strong relationships between teachers and pupils.

When visitors are used to support the PSHCE programme, the school's policy on Use of Visitors is followed.

External trips and residential visits make a significant contribution to children's personal development. When planning such visits, we use opportunities to promote children's learning in relevant areas of the PSHCE curriculum (for example, relationship skills, group work skills, communication skills, managing risk, and safety).

Our partnership with the local community is a significant part of school life, and we recognise and value its contribution to the PSHCE programme. Many of our links with the community enable us to practise active citizenship.

## 4. Curriculum Organisation

The DfE guidance for Relationships Education and Health Education require that the curriculum is organised in such a way that:

- 'Effective teaching ...will ensure the core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way within a planned programme of lessons.'
- 'Opportunities to practise applying and embedding new knowledge so that it can be used confidently and skilfully in real life situations.'

We recognise the increased importance of PSHCE within our timetable, now that Relationships Education and Health Education have become statutory. We will ensure that it has equal status with other foundation subjects in the curriculum.

Children receive their entitlement for learning in PSHCE through a progressive, spiral curriculum. Our PSHCE programme is delivered through a variety of opportunities for children of all ages, including:

- designated timetabled lessons in PSHCE
- subjects across the curriculum, e.g. science, literacy, RE, Design Technology
- enrichment weeks/days, e.g. Anti-bullying week, E-Safety Day
- visitors, e.g. careers, NSPCC, dental nurse, PCSO
- residential and day visits
- assemblies on our school's values
- small group interventions, e.g. social skills groups, nurture groups, social stories

We recognise that PSHCE is best taught by adults who know our children well. PSHCE will primarily be taught by the class teacher, supported by other members of staff where appropriate.

### 4.1 Teaching Methodologies

In order to address the 'active learning triangle' of knowledge, skills and attitudes, a wide range of methodology is used in teaching the PSHCE curriculum. The focus is on interactive learning, and approaches include: *Circle Time, whole class discussion, social skills games and activities, working in pairs/groups, drama and role play, use of puppets, use of story and picture books and use of technology*. Many of these approaches also act as distancing techniques, enabling children to discuss issues without discussing personal experience.

Many of the methodologies we use in PSHCE will also be employed in other areas of the curriculum to further develop communication, group work and debating skills.

#### Ground Rules

PSHCE is taught in a safe, non-judgemental environment where adults and children are confident that they will be respected. Teachers and children together develop ground rules, which ensure that every child feels safe and is able to learn in a supportive and caring environment.

#### Answering Questions

We acknowledge that sensitive issues will arise in PSHCE, as children will naturally share information and ask questions. When spontaneous discussion arises, it will be guided in a way that reflects the stated school aims and curriculum content for PSHCE. If a member of staff is uncertain about the answer to a question, or indeed whether they should answer it, they will seek guidance from the PSHCE leader. Questions may be referred to parents/carers if it is not appropriate to answer them in school. Whilst teaching some PSHCE topics, we may use a 'Question box', where questions may be asked anonymously.

When answering questions, we ensure that sharing personal information by adults, pupils or their families is discouraged. Where a question or comment from a pupil in the classroom indicates the possibility of abuse or risk of harm, teachers will pass this information to the Designated Safeguarding Lead (DSL), in line with school policy and procedures.

Further information about how we will answer questions about aspects of PSHCE (such as RSE) can be found in the specific policies for those areas.

## 4.2 Curriculum Materials and Resources

We use primarily the Cambridgeshire Primary Personal Development Programme and the resources recommended within it when planning and delivering PSHCE. We also use PIXL Wellbeing resources.

We will avoid a 'resource-led' approach to delivering PSHCE, instead focusing on the needs of the children and our planned learning objectives. We will carefully select resources which meet these objectives. We will evaluate teacher resources before using them.

When PSHCE-related resources are being used within other subject areas the same criteria are applied. This also applies to online resources, such as the use of websites and presentations.

We will use children's books, both fiction and non-fiction within our PSHCE programme. The same selection criteria apply, and teachers will always read and assess the books before using them to ensure they are appropriate for the planned work. They will also consider the needs and circumstances of individual children in the class when reading texts.

The key texts we use are listed within the Cambridgeshire PDP Units of Work.

## 4.3 Assessment, Recording, Reporting

We assess children's learning in PSHCE in line with approaches used in the rest of the curriculum. Children's learning is planned using learning objectives which are explained to the children, and we may negotiate success criteria with them at the start of each topic. Teachers draw on their observation of children's learning and children's self-assessment to arrive at their overall assessments.

PSHCE is primarily discussion-based, although any work produced will be recorded in children's subject portfolios.

Teachers assess children's knowledge and understanding of PSHCE in order to reach a levelled judgement, informed using the following:

- Observations and discussions during lessons,
- Trips/experiences,
- Quizzes,
- Written or recorded work in PSHE
- Questioning and feedback

The PSHE subject leader may use this data/information as a vehicle to pursue any of the following and therefore improve outcomes for our young citizens:



- To challenge and support generally,
- Signpost additional resources
- Deploy CPD (internally and/or externally)
- Carry out lesson observations/drop-ins
- Monitor curriculum planning
- Conduct pupil interviews
- Monitor enrichment opportunities

From time to time the PSHCE lead will ask staff to reflect on the effectiveness of learning in particular units of work; this may include using the RAG rating sheets in each unit from the Cambridgeshire PSHE Service.

We report to parents/carers at the end of the school year on children's learning and progress within PSHCE.

## 5. Monitoring the Impact

### 5.1 The Process for Development and Review

We are committed to the ongoing development of PSHCE in our school. We will use the following indicators to monitor and evaluate our progress:

- A flexible approach to delivering PSHCE that responds to children's needs (identified through consultation, research or observation) is in place.
- Children are receiving an entitlement curriculum for PSHCE in line with statutory requirements and the Cambridgeshire Personal Development Programme.
- Opportunities for cross-curricular approaches are being used where appropriate.
- Policy and practice is reviewed regularly and involves staff, governors and, where appropriate, children.
- Opportunities are provided for parents/carers and members of our community to consider the purpose and nature of our PSHCE, for example, through parent/carer information sessions.
- Our website reflects our provision in PSHCE.

The PSHCE leader/Head Teacher is responsible for overseeing and reviewing this policy.

The Policy will be reviewed every 3 years, or sooner if there are significant changes or circumstances necessitate a review.

The next review will take place by 1/9/2026

### 5.2 Location and Dissemination

This policy document is freely available on request to the entire school community.

A copy of the policy can be found on the school website.