



PSHE and Citizenship Policy

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1. Aims

The aims of personal, social, health and economic (PSHE) education in our school are to:

- Develop confidence and responsibility so that pupils are able to live safe, healthy and fulfilling lives at school and beyond
- Help pupils to become successful learners who enjoy learning, make progress and achieve
- Foster an understanding of the nature of relationships and, where appropriate, know how autism may affect these relationships
- Support pupils to become responsible citizens who make a positive contribution to society
- Support pupils to recognise similarities and differences between themselves and others and to respect these differences
- Teach pupils how to use the internet, including social media, safely and responsibly
- Reduce many of the barriers to learning experienced by our pupils, improving their capacity to learn, achieve and raise aspirations
- Make a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety and our statutory responsibility to promote their wellbeing

- Contribute to the safeguarding of our pupils by reducing their vulnerability in the situations where the knowledge, skills and attributes of PSHE are put to use
- Develop pupils' ability to organise, make plans and prioritise, central to the activities of daily living
- Prepare pupils for the next steps, and a future career
- Meet the universal needs shared by all children and young people, as well as the specific needs of Spa Bermondsey pupils.

2. Statutory requirement

PSHE is a non-statutory subject. However, there are aspects of it that we are required to teach:

- Relationships and sex education (RSE) under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#)
- Health education under the same statutory guidance

3. Content and delivery

3.1 What we teach

As stated above, we are required to cover the content for relationships, sex and health education as set out in the statutory guidance.

Refer to our relationship and sex education policy for details about what we teach and how we decide on what to teach in this subject.

There are five interrelated programmes of study in PSHE:

- Self-care, support and safety
- Managing feelings and self-awareness
- The world we live in
- Healthy Lifestyles
- RSE and changing and growing- There is a separate subject overview identifying key stages and relevant areas of study.

3.2 How we teach it

The school has a PSHE coordinator who develops the long- and medium-term plans and ensures coordination and delivery across the school. All staff are involved in delivering the four elements of the PSHE programme throughout the school day and in planned lesson times. Class teachers are responsible for adapting the programme of learning to suit the individual needs of pupils.

The PSHE overview details the school-wide themes to be visited, and these are revisited and built upon each year.

It is in the best interest of our pupils to receive high-quality, developmentally appropriate PSHE education. Staff will be provided with ongoing professional development opportunities to ensure their knowledge of the PSHE themes is current and accurate, enabling them to exemplify the skills and attributes we aim to develop in our pupils.

PSHE is provided through a combination of

- Discreet curriculum time. All our pupils have one PSHE lesson per week.
- Teaching through other subjects/curriculum areas such Social Communication
- PSHE and Citizenship activities and school events, e.g. raising money for charity, or taking part in residential visits
- Involving pupils in the life of the school and wider community
- Assemblies, shared attention time, using stories and poems and offsite visits.

PSHE and Citizenship are taught using a variety of styles:

- Individual and group activities
- Active learning methods which use creative processes to develop skills, acquire knowledge and explore beliefs and values, involving drama and practical activities
- Learning experiences that are directly linked to a pupil's IEPs and Education Health and Care Plan.

Our PSHE resources are chosen and checked for:

- Inclusivity
- Positive, healthy and unbiased messages
- Age appropriateness
- Promoting positive values
- Accuracy
- Being up-to-date.

As a school community, we offer learning experiences which:

- Contain accurate and relevant knowledge
- Respect pupils' prior learning experience, needs and readiness
- Provide opportunities to turn knowledge into personal understanding
- Provide opportunities to explore, clarify and challenge their own and others' values, attitudes, beliefs, rights and responsibilities
- Are inclusive and acknowledge and accommodate the diversity within our school in terms of gender, religion, language, race, social background, culture, appearance, family set-up, special needs, ability or disability.

Occasionally, suitably experienced and knowledgeable visitors from outside the school may be invited to contribute to the delivery of PSHE at Spa Bermondsey. We ensure:

- All visitors are accompanied by a member of staff. Visitors should not be alone with pupils, and visitors will have the appropriate DBS check
- Visitors are invited into school because of the particular expertise or contribution they are able to make

- All visitors have a clear understanding of our pupils' needs and deliver their lessons in a way that is inclusive and accessible to all our pupils
- All visitors are familiar with and understand the school's PSHE policy and work within it
- All input is part of a planned programme and negotiated and agreed with staff in advance
- All visitors are supervised or supported by a member of staff at all times
- The input of visitors is monitored and evaluated by staff and pupils, which will be used to inform future planning.

4. Monitoring and assessment

- Opportunities for Assessment for Learning and Assessment of Learning are built into the PSHE provision.
- A baseline assessment is used to ensure new learning is relevant and that progress can be assessed.
- Progress in PSHE is recorded and reported to parents.
- Pupils' work and teaching of the subject are monitored by the subject coordinator.

This policy will be reviewed annually by the subject coordinator.

5. Roles and responsibilities

5.1 The governors

The governors will hold the headteacher to account for the implementation of this policy.

The trustees have delegated the approval of this policy to Georgina Quigley.

5.2 The subject coordinator

The subject coordinator is responsible for ensuring that PSHE is taught consistently across the school.

5.3 Staff

Staff are responsible for:

- Delivering PSHE in a sensitive way
- Modelling positive attitudes to PSHE
- Monitoring progress
- Responding to the needs of individual pupils.

6. Cross-curricular links

PSHE learning opportunities occur across the whole curriculum, both in formal lessons and informally throughout the school day. Opportunities to model good practice to pupils are used by staff whenever they occur. E.g. the best time to model good road safety is when out in the community, or the best time to discuss bullying may be when an incident has just happened.

Additionally, links will be established with other curriculum areas to support and enhance the delivery of PSHE.

For example:

- English– using stories that are linked to PSHE themes of learning
- Cooking – healthy eating, hygiene
- Maths – learning about money
- Humanities – learning to celebrate diversity
- Social Communication – developing communication skills to advocate for self

7. Equal opportunities

At Spa School Bermondsey, the PSHE and Citizenship Education Programme is accessible to all pupils, regardless of culture, gender, or disability, in ways that are appropriate to meet individual abilities and needs.

All pupils have equal access to the curriculum and developmentally appropriate materials and resources. Delivery will be differentiated appropriately according to need. Resources are sensitive to the needs and backgrounds of the pupils and are monitored regularly to ensure their appropriateness.

8. Links with other policies

This policy links to the following policies and procedures:

- Relationship & Sex Education Policy
- Safeguarding Policy
- SEN Policy
- Health & Safety Policy
- Behaviour Policy

9. Reviewing the Policy

This policy will be reviewed annually. Reviews will take into account the individual needs of pupils, developments in the subject area and external professionals as appropriate.