



Our Lady's Preparatory School and Day Nursery

Personal, Social, Health and Economic (PSHE)

Education Policy 1.6

Background to the Policy

This is a whole School policy and applies to all members of Our Lady's Preparatory School including Early Years Foundation Stage (EYFS).

Personal, Social, Health and Economic Education (PSHE) is concerned with the education and development of the child as a whole. At Our Lady's, PSHE is a planned programme delivered to all pupils for one lesson per week. It aims to help children to grow and develop as individuals and as members of groups and communities. PSHE for the Nursery children follows the Early Years Foundation Stage (EYFS) Framework, paying particular attention to Personal, Social and Emotional and Physical Development of the children.

Much of the PSHE scheme is used in the delivery of lessons from the Reception year upwards. Social and emotional skills that underpin learning are promoted, with the teacher acting as a facilitator. The Spiritual, Moral, Social and Culture (SMSC) development of a child at Our Lady's is also taught and nurtured through the Go-Giver's programme.

The spiritual, moral, social and cultural development of all the children is delivered mainly through PSHE education and Religious Education (RE). However, many aspects of it are also delivered in History, Science, Geography, Forest School, Literacy, Languages, Music, as part of the diverse curriculum offered at Our Lady's (full details of which are set out in the Curriculum Policy).

Why does Our Lady's deliver PSHE education to pupils?

PSHE addresses real-life issues and its importance is recognised by the Our Lady's community. Although National Curriculum guidelines are followed, pastoral issues are discussed within the context of PSHE lessons, RE lessons or in "circle time" as and when they arise.

PSHE and Citizenship seek to provide pupils with the knowledge, skills and the understanding they need to lead confident and independent lives and to become informed, active and responsible citizens. It focuses on what children

and young people can do to keep themselves and others healthy and safe and to lead happy and fulfilling lives, while reinforcing positive social norms.

PSHE also gives pupils the opportunity to reflect on their experiences and understand how they are developing personally and socially, while tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

PSHE ensures that pupils can learn about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of various communities.

PSHE provides pupils with a broad general knowledge of public institutions and services in England. It also encourages pupils to acknowledge, understand, respect and follow the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. This is also a key tenet of the "Prevent Duty" that Our Lady's applies, as set out in the stand-alone Prevent Duty policy, forming part of the "safeguarding" suite of policies. Children are taught to understand the importance of these tenets and to be resilient should they ever be challenged in conversation with other people.

PSHE contributes to the pupils' ability to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

In essence, PSHE seeks to provide a safe and supportive learning environment where children and young people can develop the confidence to ask questions, challenge the information they are offered, draw on their own experience, express their views and opinions and put what they have learned into practice in their own lives.

Aims of PSHE Education

Through the teaching of PSHE/Citizenship, our aims are:

- To promote self-esteem, self-confidence, self-knowledge and emotional well-being
- To enable pupils to reflect on and clarify their own values and attitudes, as well as exploring the range of values they will encounter now and in the future.
- To equip pupils to make informed choices.
- To develop the pupil's spiritual, moral, social and cultural awareness and to highlight how important this is in the development of each person.
- To enable pupils to distinguish right from wrong and to respect the civil and criminal law of the land, fostering an appreciation of the benefits from the rule of law protecting individual citizens and that it is essential for their well-being and safety.
- To help pupils form and maintain effective relationships, both within the School, Nursery and in the wider community.

- To equip pupils with the values, skills and behaviours that they need to get on in life, both in the School environment and beyond.
- To make pupils aware of some of their rights and responsibilities as citizens.
- To help pupils to live healthily and safely.
- To help instil resilience and determination within them.
- To encourage pupils to have respect for others in a way that promotes harmony and tolerance of those with different faiths and beliefs (with the freedom to hold other faiths/beliefs being protected in law) or those who follow a lifestyle that is different from their own. Necessary steps are taken to ensure that pupils appreciate racial and cultural diversity and to avoid and resist racism.
- To encourage respect for democracy and support for participation in the democratic process, including understanding and respect for the basis in which law is drafted and applied in England.

The above principles are supplemented and supported by Our Lady's Behaviour Policy.

How is PSHE delivered at Our Lady's?

Our Lady's approaches the delivery of PSHE/Citizenship in the following ways:

Knowledge

This is provided through reading material, DVDs, interactive software, discussion and teaching, wall displays, visiting speakers e.g. Police, Fire brigade, Army, Doctors, and workshops like African Drumming, Chinese New Year etc. In many cases, speakers are parents of children from within school/nursery who give their time voluntarily. Topics include: Health and Well-being, Safety and The Environment, Citizenship and Government.

Skills

These are provided through role-playing, drama, group discussions and written work where they are expressing their thoughts and opinions. Topics include: Getting On and Falling Out, Social and Moral issues, Healthy Living and Financial Capability.

Discussion

Much of the work is carried out in discussion groups, either by dividing the class into small groups or by whole class discussion where all pupils, including the quieter ones, are encouraged to develop and air their own opinions.

Topics include: New Beginnings, Relationships, My Feelings and Beating Stress

Respect for themselves and others

This is fully aligned with the ethos of the School and Nursery. Circle time encourages autonomy as well as the willingness to listen to and consider other people's opinions. School Houses from Reception upwards encourage children to respect others and their efforts as well as having a part to play in the well-being of the school. The Nursery children are rewarded by "Star of the Week" stickers, Headteacher's stickers or generally if they are observed being kind, respectful or displaying other positive behaviour(s).

Topics include: Health and Well-being, Good to be Me and Living in a Diverse World.

PSHE helps all pupils develop an understanding of themselves and others. PSHE promotes the spiritual, moral, social and cultural development of individuals and of groups and communities.

In particular, PSHE offers pupils the opportunity to:

- Develop their self-confidence and awareness.
- Understand the world they live in as individuals and as members of groups.
- Bring their own experiences and understanding of life into the classroom.
- Develop positive attitudes towards others, respecting their beliefs and experience.
- Reflect on and consider their own values and those of others.
- Deal with issues that form the basis for personal choices and behaviour.

In response to these opportunities, pupils can make progress in PSHE:

- By considering and understanding another's point of view.
- Working as part of a group.
- Through developing their ability to persevere with situations that they find difficult or which may get difficult.
- Through developing their ability to resolve conflict.
- Through developing and communicating their individual responses to a range of views.

Sex and Relationships Education

Definition of Relationships Education

Sex and Relationships Education (SRE) is an important aspect of the PSHE curriculum. According to the *Sex Education Forum* SRE is defined as the 'learning [of] the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health'. We are looking forward to the adoption of Relationships Education for 2020.

Aim of Relationships Education

The aim of SRE at Our Lady's is to equip children with the information, skills and values to have safe, fulfilling and enjoyable relationships, and to take responsibility for their sexual health and well-being.

REd in the Curriculum

The REd curriculum at Our Lady's is taught through the *Christopher Winter Project – Primary SRE*, and is taught to children from Reception through to Prep IV (Year 6). The curriculum is delivered at an age-appropriate level for all classes.

Please see the table below for the specific content taught in each year group:

Year Group	Topic Covered
Reception	Our Lives: Our Day, Keeping Ourselves Clean, Families
Infant I	Growing and Caring For Ourselves: Keeping Clean, Growing and Changing, Families and Care
Infant II	Differences: Boys and Girls, Naming the Body Parts
Prep I	Valuing Difference and Keeping Safe: Differences of males and females, personal space, family differences
Prep II	Growing Up: Growing and Changing, What is Puberty?, Puberty Changes and Reproduction
Prep III	Puberty: Talking about Puberty, Male and Female Changes, Puberty and Hygiene
Prep IV	Puberty, Relationships and Reproduction: Puberty and reproduction, understanding relationships, conception and pregnancy, communication in relationships

At Our Lady's, SRE is taught in an emotionally safe, secure and familiar learning environment, where ground rules are established from the beginning to allow children to feel comfortable and relaxed.

The teaching staff at Our Lady's have secure knowledge and understanding of how to approach the sensitivity that SRE brings.

Our Lady's understands the sensitivity of SRE and the fears that parents may have about the content of SRE. However, all school parents of the Prep children receive a letter in which they are made aware of the particular topics that their child will cover throughout the academic school year.

We note the draft guidance for Relationships and Health Education in 2020.

Monitoring & review

The School will review this Policy every two years and any guidance or advice published by the DfE and/or other relevant bodies will be monitored on an ongoing basis, in the event that ad-hoc amendments or revisions are appropriate outside of this timeframe.

Reviewed: September 2019 (currently under review)

A handwritten signature in black ink that reads "Michael Stone". The signature is written in a cursive style with a large initial 'M' and 'S'.

**M A Stone
Headmaster**

To be reviewed: 12 months from "Reviewed" date