

Personal, Social and Health Education Policy

Rationale

PSHE is concerned with the preparation for, and development of, an awareness of an individual's personal and social rights and responsibilities. It will encourage the formation of positive attitudes towards an active, healthy lifestyle and the fostering of good relationships and habits. It should lead to a raised awareness and understanding of the social, political and environmental factors of society which influence physical and emotional health. In this way PSHE will encourage all pupils to be better prepared to take up a future role as a citizen of the community.

Aims

- To foster attitudes and a learning context which will preserve and enhance self-esteem and instill self-confidence in all pupils, creating a sense of personal self-worth and a state of emotional well being.
- To help to develop the social well being of all pupils through an awareness of the interaction between self and others in order to foster tolerance, sensitivity and caring attitudes.
- To develop a positive attitude towards an active and healthy lifestyle with an emphasis on healthy eating and activity for life, enabling pupils to achieve a state of physical well being.
- To help raise pupils awareness of the influences on health which may be beyond their direct control and to encourage them to understand and accept their responsibility and roles in school, the local community and society as a whole.

Objectives

- ❖ The positive ethos of the school and the role models of the staff will provide the pupils with messages about the importance of good physical, and emotional health.
- ❖ All classes will be timetabled one session of PSHE per week.
- ❖ A School Council, made up of 2 representatives from each class voted for by their class peers and 4 members from Year 6, will meet once a month to discuss relevant issues and report back to their classes.
- ❖ Each class will have 2 Listening Friends who will provide support to any pupils who wish for a friendly ear in class and on the yard.
- ❖ Brain Gym and Take Ten are two initiatives which are used to further promote physical and emotional well being in school.
- ❖ Visits into the community and visitors into school are encouraged to further develop the knowledge and understanding of pupils in PSHE.
- ❖ Circle time is used as part of our PSHE to raise self esteem, discussing emotional issues and encouraging better understanding and communication between staff and pupils.

- ❖ The Tutti Fruitti tuckshop run by parent volunteers gives children the weekly opportunity to try a range of healthy fruit and vegetables.
- ❖ Water will be freely available to all pupils in class and they are encouraged to drink it throughout the day.

Guidelines

- ❖ The Q.C.A. schemes of work for Citizenship and the SEAL curriculum programme are both used in school as a basis of curriculum work in PSHE. Planning is done each half term from these publications and other resources following the schools curriculum entitlement grid.
- ❖ This policy should be read in conjunction with other related policies:
 - Sex Education policy
 - Drug Education policy
 - Anti-Bullying policy[and anti-bullying procedure document]
 - Food safety policy
 - P.E. policy

Review and Monitoring

The subject leader will be responsible for the review and monitoring of the subject , through looking at childrens' work, observation of initiatives running in P.S.H.E in our school, talking to staff and through our curriculum week.

Subject Leader Lynne Welsh

Reviewed -March 2010

Next review date - March 2011