

Compassion – Courage – Hope – Integrity – Justice  
Respect – Responsibility - Wisdom



**Herne Bay Junior School**

# Personal, Social and Health Education (PSHE) Policy

**Policy Agreed: December 2019**

**Review Date: December 2020**

Our personal, social and health education (PSHE) programme alongside our Relationship, and Sex education (RSC) Policy promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Children are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community; We provide our pupils with a comprehensive enrichment programme. They learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen and introduces them to some of the principles of prudent financial planning and understanding. They learn 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-long learning.

At Herne Bay Junior School we regard PSHE and Citizenship as an important, integral component of the whole curriculum and we strongly promote our values through our day to day dealings with children and adults. We provide a broad and balanced curriculum, ensuring that it:

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society.
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life.
- Provides information about keeping healthy and safe, mentally, emotionally and physically.
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.

### **Aims**

The aims of PSHE and Citizenship fall into 3 core themes:

Health & Wellbeing, Relationships and Living in the Wider World.

### **Health & Wellbeing**

- Know and understand what constitutes a healthy lifestyle.
- Know how to maintain physical, mental and emotional health and wellbeing.
- Be aware of safety issues, including how to respond in an emergency.
- Know how to manage change, including puberty, transition and loss.
- Know how to promote and maintain good mental health.

### **Relationships**

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help.
- Know how to respect equality and diversity in relationships.

### **Living in the Wider World**

- Know the importance of responsible behaviours and actions.
- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- Develop good relationships with other members of the school and the wider and global community.
- Know about where money comes from, keeping it safe and the importance of managing it effectively.
- Have a basic understanding of enterprise.

### **Curriculum Provision**

- PSHE and Citizenship cannot always be confined to specific timetabled time. PSHE and Citizenship is delivered within a whole school approach which includes:
  - Dedicated curriculum time
  - Teaching PSHE and Citizenship through and in other subjects/curriculum areas
  - Specialised assemblies
  - PSHE and Citizenship activities and school events
  - Pastoral care and guidance
  - Visiting speakers

### **During key stage 2**

Children learn about themselves as growing and changing individuals with their own experiences and ideas, and as members of their communities. They become more mature, independent and self-confident. They learn about the wider world and the interdependence of communities within it. They develop their sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national or global issues and political and social institutions. They learn how to take part more fully in school and community activities. As they begin to develop into young adults, they face the changes of puberty and transfer to secondary school with support and encouragement from Herne Bay Juniors. They learn how to make more confident and informed choices about

their health and environment; to take more responsibility, individually and as a group, for their own learning; and to resist bullying.

### **Strategies**

A wide range of teaching and learning styles are evident in lessons and emphasis is placed on active learning. Children are encouraged to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly, or involvement in an activity to help other individuals or groups less fortunate than themselves. Classes are organised in such a way that children are able to participate in an open friendly forum where agreed classroom expectations of behaviour have been agreed.

### **Relationships within School**

Relationships at **Herne Bay Junior School** are based on an atmosphere of trust and respect for everyone. Our School Motto is '**One Chance, let's get it right**'. Children are supported to develop good relationships with their peers and all staff and to take responsibility for their own behaviour. All staff are very good role models for children and work hard to promote a safe, happy environment. The children have an active School Council where one child from each class is elected to represent the class' views.

### **Equal Opportunities**

All children have the opportunity to take part in our PSHE programme. As PSHE has been planned to cover all areas recommended by the National Curriculum, then issues can be met and discussed which may otherwise not arise informally. It is intended that Herne Bay Junior School PSHE supports the personal and social development of children at home.

### **Assessment, Recording and Reporting**

Children are informally assessed by staff throughout their work and the reports given to parents will reflect this. Recording of work will be in a form appropriate to the planned focus and will be shown in teacher's planning. Evidence of PSHE will be in a variety of forms e.g. photographs as well as written work and through the class big books. The very nature of PSHE means that careful consideration should be given to the best means of recording. Written work may not always be appropriate and staff will use their professional judgment in this.

### **Monitoring, evaluation and review**

The school will review this policy annually and assess its implementation and effectiveness regularly.

### **Prevent Duty**

Since July 2015, schools and a range of other public bodies have a legal responsibility to give due regard to the need to prevent children and young people from being drawn into terrorism. This is known as the Prevent duty and is part of the schools wider safeguarding.

Herne Bay Junior School has a clear policy in place for protecting children at risk of radicalisation. This can be found on the school website and is part of the schools overarching safeguarding policy.