



PSHE Policy

Revised September 2016

Signed: E. Mansworth

King's School policy for PSHE

Introduction

Personal, social, health and economic education promotes pupils' personal, social and emotional development, as well as their health and well being. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, and tackles many of the 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.

Aims

The aims of PSHE are to enable the children to develop the skills, knowledge, understanding and attitudes they need to be able to:

- have respect for themselves and others, valuing the differences and similarities between people;
- develop good relationships with other members of the school and wider community;
- be independent, self-disciplined and responsible members of society;
- be positive and active members of a democratic society;
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues;
- know and understand what constitutes a healthy lifestyle;
- be aware of safety issues and manage risk in their own lives.

PSHE at King's School is taught through a variety of methods, from assembly, to circle time to class discussions. It offers the children many opportunities to discuss and expand their understanding of their personal, social, health and global development.

Key stage 1 and Foundation stage 3

PSHE in key stage 1 and foundation stage is taught through cross curricular activities, as well as circle time or times of collective worship.

Children are taught how to keep their bodies safe and private, and that the space around them is their personal space, which they are entitled to. They recognise that there are a number of people they can talk to if they don't feel safe. (See our Sex Ed policy for more details).

Healthy eating is an important part of our education at King's School. We discuss how to keep our bodies healthy, children are encouraged to eat healthy snacks and drink plenty of water. Children are taught the importance of eating a varied and balanced diet

and why they need to wash their hands before eating. (See our science and packed lunch policy for more details).

Children have the opportunity to discuss medicines and drugs and how they can affect their bodies. They are taught about medicines prescribed by doctors and why they help us. They learn about signs and symbols, including danger symbols to show if something may cause them harm. Children are taught, through forest school, about the dangers of eating berries in the garden and how they could have an impact on their bodies. They also learn about the importance of washing their hands after touching plants from the garden and how germs can be spread if they don't wash their hands.

At King's School, we take PSHE very seriously and always discuss issues with the children as they arise.

Key stage 2

Across key stage 2, we build on what the children have learned throughout key stage 1 and build on this information in order to help the children to be able to make informed decisions for themselves. Areas of PSHE that we address include: E-safety, healthy eating and living (including drugs, alcohol, food and exercise) and how they can keep their bodies safe and giving them the information to empower themselves.

All children participate in CAP (Child Assault Prevention) workshops, which highlight how children can keep safe in school, at home and in the community. They are taught how to be 'Safe, Strong and Free'. Teachers further enhance this teaching throughout the academic year.

Time is always given to discuss issues as they arise, as we believe that children should feel that they have a voice, are listened to and feel safe and comfortable to discuss any issues that may be troubling them.

Children in years 5 and 6 participate in first aid training, ensuring they know how apply basic first aid, put people into the recovery position and carryout DRSABC, if needed.

We do not single out PSHE as a standalone lesson. Many of our objectives for PSHE are promoted through a number of curriculum subjects including citizenship, RE, science and maths. For this reason, our PSHE policy runs very closely alongside our citizenship, science and sex education, child protection, health and safety, anti-bullying, drugs and alcohol and equal opportunities policies.