

# Wren's Nest Primary School

## Personal, Social, Health and Citizenship Education (PSHE) Policy

February 2016

*We all have the right to feel safe all the time  
Kind hands are good for us all  
We can talk to someone about anything  
Even if it be awful or small.*

*At Wren's Nest Primary School we see Personal, Social, Health and Citizenship Education (PSHE) as being at the centre of all that we do. Through our curriculum, our school environment and our school ethos, we promote pupils' self-esteem and emotional well-being and help them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community.*

### Aims of the Wren's Nest PSHE Policy

*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.
- ✓ learn an awareness of personal safety when the internet, computer games and mobile phones
- ✓ feel able to share any problems/concerns/worries they may have with their chosen member of staff.

### PSHE Curriculum organisation

- Every class has a timetabled session of 40 minutes PSHE every week. During this lesson teachers will draw on the advice from Department for Education National Curriculum guidance for PSHE.
- In addition to this, PSHE is also taught within other subject areas and as part of cross-curricular projects: Science, Geography, RE, English and History.
- PSHE will also be addressed on a daily basis as questions and incidents arise. At times, teachers may choose to hold an additional Circle-time session in response to a particular event or issue.
- Whole school and class assemblies provide a daily opportunity to enhance pupils' spiritual, moral, social and cultural development, promoting our school's values and celebrating achievement. Teachers will, where appropriate, follow up Big Talk Assemblies using the content as a platform to develop further learning in PSHE lessons as well as across the curriculum. (Refer to appendix A for coverage)
- The Dot Com Children's Foundation is a programme used from Year 1 to Year 6 to support Children's learning. (Refer to appendix B for coverage)

## Teaching and learning strategies

A range of teaching and learning strategies are used across the curriculum:-

- During timetabled PSHE time, an emphasis is placed on active learning through planned discussions, circle-time, investigations, role-play activities, puppets, group-work and problem-solving.
- All teachers will endeavour to provide a safe learning environment through the establishment of clear Ground Rules which are made explicit to the children and reinforced consistently. Visiting speakers such as the police, fire service and health workers/Dogs Trust also contribute to the taught curriculum.
- Beyond timetabled PSHE lessons, pupils are supported in applying the skills they are learning, in real-life situations as they arise: e.g. resolving conflicts; working as part of a group on a project.
- Children are encouraged to take part in a range of practical activities to promote active citizenship, e.g. charity fund-raising; the planning of special events at school; agreeing class rules; class council meetings; recycling and reusing; and by taking on roles of responsibility for themselves, for others and for the school.
- Through lessons and after school clubs children are made aware of how to live a healthy lifestyle and are encouraged to follow a healthy living programme by the NHS Change4life scheme.

## How we teach children to keep themselves safe

The Dot Com Children's Foundation programme is a scheme used from Year 1 to Year 6 to help children develop the knowledge and confidence they need to make good decisions in life, especially about their own safety. The programme is a safeguarding tool delivered through journals and highlights any behaviour towards them that is not acceptable and how they can help to keep themselves safe. The non-statutory framework for Personal, Social and Health Education (PSHE) provides opportunities for children to learn about keeping safe and who to ask for help if their safety is threatened. As part of developing a healthy, safer lifestyle pupils should be taught:-

- ✓ To recognise and manage risks in different situations and then decide how to behave responsibly;
- ✓ To judge what kind of physical contact is acceptable and unacceptable;
- ✓ To recognise when pressure from others (including people they know) threatens their personal safety and well-being and develop effective ways of resisting pressure, including knowing when and where to get help and
- ✓ To use assertiveness techniques to resist unhelpful pressure.
- ✓ To feel empowered to ask for help when necessary.
- ✓ To give pupils the skills to know how to ask for help.
- ✓ Children understand that their feelings are valued and any thoughts they may record in their journals are for their own use.

The Dot Com programme teaches children an awareness of "Uh-Oh" feelings to help children identify unacceptable situations. This is built on each year through out school.

More serious issues, such as domestic violence can be difficult to broach directly in the classroom however, discussions about personal safety and keeping safe can reinforce the message that any kind of violence is unacceptable. Through a preventative curriculum The Dot Com programme delivers a 'Values Versus Violence' programme (which is delivered specifically to Year 5) to provide children with an awareness of risk and risk management.

Children need to be taught that it is ok to talk about their own problems and be signposted to sources of help. Raising these issues in class can lead children to bring up their personal problems and teachers delivering these lessons need to be prepared for this possibility. The Dot Com Programme is also used to support Children with 1 to 1 intervention if necessary.

### **The team of Learning Mentors at Wren's Nest**

We have a skilled team of Learning Mentors at Wren's Nest whose role it is to remove barriers to learning for children across the school. Learning Mentors work with children who have been referred to them either on a 1 to 1 basis or in group situations. They can focus on a range of targets such as self-esteem, social skills, aspirations, personal hygiene, anger management and assertiveness. Where children require more specialist intervention such as counselling or intervention as a result of bereavement or domestic abuse we refer onto external agencies such eg Educational Psychology, Barnardos and Family Support.. Learning Mentor interventions with children are reviewed on a half termly basis with impact measures recorded and reported to staff and parents.

### **Equal Opportunities**

All children have an entitlement to access the PSHE curriculum. All children will have access to appropriate resources within the school. These will reflect a multi-cultural society, without stereotyping or discrimination. All children will be given the opportunity to participate in all activities regardless of gender, race or ability.

### **Community links**

Working in partnership with parents and carers and with the wider school community is an essential element of PSHE. We seek to involve parents and keep them informed through our weekly newsletters and termly class meetings. Parents are encouraged to come into school whenever they have any concerns or anything they would like to discuss with us. We foster links with the wider community through various activities such as our relationship with St Francis' Church, Dudley Library, the Police and the Children's Centre.

### **Links with Other policies**

The PSHE Policy links closely with a range of other policies to provide a coherent package of provision for Children at Wrens Nest:

- Sex ad Relationships Policy
- Child Protection Policy
- Anti-bullying Policy
- Parent Partnership Policy
- Behaviour Policy
- Sun Protection Policy
- Equality Policy

**Date:**

**Policy to be reviewed:**

## Appendix A

The following areas of the curriculum are delivered and supported through Big Talk Assemblies:

- Music and Culture
- Rights and Responsibilities
- Wonders of our world
- Keeping Safe - Holidays , Sun protection, Fireworks, Road safety, Hobbies
- Our responsibilities
- Community
- Sport and Healthy Living
- Recycling
- Respect and Tolerance
- British Values

## Appendix B

Lesson Themes	Year 1 Rory and Jasmine	Year 2 Rory and Jasmine	Year 3 This is my Adventure	Year 4 Making the Best of Me	Year 5 Moving On	Year 6 Looking @ Risk	Year 5/6 Values Versus Violence
About me, what I am good at, valuing myself, why I am special	✓	✓	✓	✓	✓	✓	✓
My friends and family	✓	✓	✓	✓	✓	✓	✓
My feelings, what it means to feel safe, my 'Uh-Oh!' signs and inner voice	✓	✓	✓	✓	✓	✓	✓
My helping hand network, who can we tell?	✓	✓	✓	✓	✓	✓	✓
The emergency services	✓	✓	✓	✓	✓	✓	✓
Feeling proud of myself	✓	✓		✓			
What I dream of doing when I grow up	✓			✓	✓		
Secrets and surprises		✓	✓	✓	✓	✓	
Our differences and similarities			✓	✓	✓		
Faith and religion			✓		✓	✓	✓
Money and possessions			✓	✓	✓	✓	✓
The internet and social media			✓	✓	✓	✓	✓
My health			✓	✓		✓	
Our rights and responsibilities				✓		✓	✓
My community, living together and children around the world				✓	✓	✓	✓
Drugs, alcohol and smoking				✓		✓	
Changes/when someone goes away				✓	✓		
The environment and animals				✓			
Risks in my home				✓	✓	✓	✓
Making safe decisions, choices, effects and consequences, doing the right thing					✓	✓	✓
Valuing the law, weapons, what is a crime?					✓	✓	✓
Changing schools					✓		
Safety on the road and in the streets					✓	✓	✓
Good and bad groups or gangs					✓		✓