



**PSHE and British Values Policy**  
**Including Relationships and Sex**  
**Education**

## **Introduction:**

Through the PSHE and British Values curriculum we aim to prepare our children for life in the wider world. They will learn about their physical and mental health, how to stay safe online, as well as relationships.

## **Aims:**

As a school we aim to promote PSHE and British Values and to create a safe space for children to openly discuss and share their views and opinions.

Children are taught about the benefits of a healthier lifestyle, what determines their physical health and how to build mental resilience and wellbeing. It will also make sure children and young people learn how to recognise when they and others are struggling with mental health and how to respond (DFE, 2019).

They are able to take part in discussions about current affairs, key issues and express their thoughts and feelings. They are taught practical strategies to deal with their emotions, how to improve their physical and mental health and well-being. They learn about their changing bodies and emotions in preparation for secondary school and adulthood. They will learn how to become confident and knowledgeable users of the internet and technology and it is hoped that we equip them with the information they need to make informed decisions in the future and take responsibility for their own health.

## **Guidelines:**

- To follow the National Curriculum (2020)
- To use the SCARF resources to promote PSHE
- To use other high quality resources from the PSHE Association, the FA and many others
- To provide cross curricula links between other subjects
- Meet the needs of all students

From September 2020, we are required to follow the new National Curriculum for PSHE and this specifically includes Relationship Education and Health Education in Primary Schools. It will build on scientific lessons on the human body covered in the Science curriculum.

### **Expectations of Students:**

- To show kindness and empathy when sharing ideas
- To show respect to others
- To celebrate difference
- To take part to the best of their ability

### **Role of the Teacher:**

- To create an open forum where children feel free to express themselves
- Discuss current issues as part of the PSHE Weekly Picture News
- To promote anti-bullying on the class noticeboard
- To promote whole school national and international initiatives such as Anti-Bullying week
- To provide opportunities for children to share their worries (class worry box)
- To provide a positive role model to students
- To open minds and breakdown stereotypes regarding gender, sexuality, race, disability and culture as well as others
- To receive necessary training as appropriate
- To be mindful of their students individual circumstances and background when planning lessons and holding class discussions
- To teach children where to ask for help and gain more information on specific subjects, include abuse
- Report any safeguarding concerns or disclosures following the school Safeguarding policy and Keeping Children Safe in Education (2020).

### **Objectives of PSHE lessons and curriculum:**

- To enable children to learn about how to lead healthy lifestyles;
- To learn how to stay safe online;
- To learn how to develop healthy relationships and maintain these;
- To learn about how their body changes as they reach puberty and become a teenager;
- To learn about all aspects of their physical, emotional/mental and social help and how they can take responsibility for their own health.

### **KS1 and 2:**

This is taught by the class teacher and will take the form of weekly lessons using the SCARF and other relevant resources.

Class teachers will be responsible for facilitating class discussions around the PSHE Picture News from the printed resources, published weekly.

### **EYFS Foundation Stage:**

This is taught with by the class teachers using both the SCARF curriculum and additional planning to support the social and emotional key development. Each Monday morning, children in EYFS view and discuss the Early Years PSHE Picture News.

### **Relationships Education: (Formerly Sex and Relationships Education)**

In addition to the Science curriculum the children will be taught key themes and ideas through Relationships Education:

"Relationships Education in primary schools should teach the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other peers and adults."

(Coram Life Education 2020)

The children will be taught about families in a sensitive and well-judged manner as stated by the DFE (2020):

"Families of many forms provide a nurturing environment for children (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive and foster parents/carers."

### **Whole School Calendar of Events:**

The school celebrates many key high-profile days including:

Anti-Bullying Week, Road Safety Week, International Day to Celebrate Disability, UN Day of Human Rights Action, National LGBTQ Awareness, Stephen Lawrence Day as well as many others.

### **Outside Agencies:**

Our programme in school is supplemented by workshops and assemblies from the NSPCC - Speak Out and PANTS initiatives. Year 6 pupils have a day working with the St. John's Ambulance and a yearly visit from the Life Bus. The DARE Officer also comes in to work with the Year 6 children to prepare them for secondary school, focusing on peer pressure, risk taking and drugs and alcohol education.

### **Cross Curricular Links:**

PSHE is not a stand alone unit and many subjects, themes, skills, knowledge and key understandings are shared across the curriculum:

- Science - looking at how the body works, changes in the body as we grow and hit puberty and the human life cycle, dental care and taking care of our bodies.
- Literacy - stories, discussions and themes linked to diversity, culture, history, religion and other key PSHE themes and ideas.
- PE - Strong links between exploring children's physical health and fitness across all PE units. Children also learn how to work as a team and develop their social skills and how being active can make us happy.
- RE - (Spiritual, moral, social and cultural development) there is a link between learning about other cultures and religions and being open minded about those who may have a different religion.
- ICT - pupils will learn about staying safe online - complementing the existing computing curriculum - and how to use technology safely, responsibly and respectfully. Lessons will also cover how to keep personal information private, and help young people navigate the virtual world, challenge harmful content and balance online and offline worlds.

### **Interventions and Group Work:**

Sometimes children may require additional PSHE sessions or group work. This will happen with staff such as the PSHE/Behaviour Lead, SENCO or Teaching Assistant.

This may be around developing social skills, body image/food, or any other need linked to PSHE.

A class teacher may also plan and facilitate adhoc PSHE lessons based on the needs of their class or to address issues or misconceptions they feel may be present.

### **SEND Provision:**

Children with additional needs will be planned for specifically and this may include small group work, 1:1 provision, adapted resources and involvement from parents if required.

### **Monitoring:**

PSHE and Relationships Education is monitored by the PSHE Lead (Mrs Chauhan). Concerns and worries will be passed from children to class teachers and to Mrs Chauhan. Children know they can approach the PSHE lead at any time to talk about any issues or concerns. Parents are able to contact the school regarding any queries they have.

### **Role of the Parent/Guardian:**

- To encourage children to talk about their feelings, express themselves openly in a caring and sensitive manner and speak to an adult if they have any problems
- To listen to their children about their views and open discussions about current world issues

Parents do not have a right to withdraw their children from any of the new PSHE or specifically Relationships Education from the primary curriculum as it is now statutory from the Government.

Parents do have the right to withdraw their child from any Sex and Relationships Education aspects that the school may facilitate. Parents will always be notified in writing prior to any lessons or teaching of any additional components the school feels necessary to include in the

curriculum as suited to our children and stated by the DFE (for example in Year 6):

"It should ensure that both boys and girls are prepared for the changes that adolescence brings and - drawing on knowledge of the human life cycle set out in the national curriculum for Science - how a baby is conceived and born."

We would then invite an open discussion to see how in partnership we can best meet the needs of the individual child.

As a school, we will consult with parents on this before the planning and delivery of any such sessions.

For more information, please see the Government Guidance:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

In forming this policy we have taken into the account the Equality Act (2010). Children will be taught in an open and inclusive way to suit the needs of all including race, gender, sexuality, ability, and will be done in an age appropriate manner.

**M. Chauhan PSHE Coordinator**

