



PHSE Policy 2021- 2022

St. Michael in the Hamlet Primary School

As part of PSHE, Relationships Education (RE), Relationships and Sex Education (RSE) and Health Education England regulations 2019 have made Relationships Education (RE), and Health Education compulsory in all primary schools from September 2020. As RE is a statutory part of the school's curriculum, parents may not withdraw their children from these lessons. RE teaches the fundamental building blocks and characteristics of positive relationships, with reference to friendships, family relationships and relationships with peers and adults. This begins with children being taught about what a relationship is, what family means and who the people are who can support them. RSE is a form of sex education, which focuses on exploring the emotional, social, and physical aspects of growing up and having relationships. Children in Year 6 are taught about elements of RSE and parents/carers have the right to withdraw their children from all or part of the RSE provided at school except those parts included in the statutory National Curriculum for Science. For further information about RSE please consult our separate Relationships and Sex Education policy.

Vision

It is our vision at St Michael in the Hamlet Primary School for our PSHE curriculum to deliver a curriculum which is accessible to all and that will maximise the outcomes for every child. At our school PSHE education enables our children to become healthy, independent, and responsible members of a society. 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. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self worth by playing a positive role in contributing to school life and the wider community.

Intent

Our PSHE and Citizenship curriculum aims to equip children with essential skills for life; it intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. Successful PSHE curriculum coverage is a vital tool in preparing children for life in society now and in the future. Lessons at St Michael in the Hamlet have their foundations in seeing each and everybody's value in society, from appreciation of others in units such as 'British Values', to promoting strong and positive views of self in 'Think Positive' and 'Be Yourself'. Our PSHE and Citizenship units aim to cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident members of their community. The themes and topics support social, moral, spiritual, and cultural development and provide children with protective teaching on essential safeguarding issues, developing their knowledge of when and how they can ask for help.

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Our PSHE and Citizenship resources used are fully in line with the Learning Outcomes and Core Themes provided by the PSHE Association Programme of Study which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools. This scheme of work covers all the required objectives and follows the three core areas of: -

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

Our scheme of work fulfils the requirements of 2020 Statutory Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum.

Implementation

At St Michael in the Hamlet we follow Twinkl Life's PSHE scheme of work, which is designed to be taught in thematic units, that consist of six lessons. These units are taught in a spiral curriculum that revisits each theme every two years. This enables children to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child. Lessons also signpost key words, building a rich vocabulary to develop understanding.

Twinkl Life's PSHE units are designed to be delivered in a creative manner, using many approaches such as role play, discussion, and games with groups of various sizes. These activities enable children to build confidence and resilience. Resources are also provided for communicating with parents and carers about how and why each theme is covered and suggestions for extending the learning at home.

Assessment for learning opportunities are built into each lesson and enhanced by the Learning Journey Records included in each unit, which enable self-evaluation and reflective learning and allow teachers to evaluate and assess progress. Each lesson begins with a discussion of children's existing knowledge and experience, providing an opportunity for baseline assessment. Each lesson ends with an opportunity to consolidate and reflect upon learning.

Across the wider curriculum we strive to ensure all subjects make a link to PSHE, BV, SMSC and the language is used consistently by all staff. Whole school, Key Stage and class assemblies always make a link to PSHE, British Values and SMSC. Additionally, the children have many opportunities to interact with visitors and workshops with various PSHE focuses throughout the year, including school nurses to appropriate year groups. Finally, at St Michael in the Hamlet we pride ourselves on the wide range of groups we provide for our children which support their needs and development over the course of the school year.

Impact

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Our scheme of work provides an effective curriculum for wellbeing. Children are enabled to develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in a climate of openness, trust, and respect, and know when and how they can seek the support of others. They will apply their understanding of society to their everyday interactions, from the classroom to the wider community of which they are a part. Our curriculum supports the active development of a school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them.

Successful PSHE education can have a positive impact on the whole child, including their academic development and progress, by mitigating any social and emotional barriers to learning and building confidence and self-esteem. Evidence suggests that successful PSHE education also helps disadvantaged and vulnerable children achieve to a greater extent by raising aspirations and empowering them with skills to overcome barriers they face. Our PSHE curriculum will be used as a whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes. This will ensure that all children are able to develop the knowledge, skills, and attributes they need to succeed at school and in the wider world.

Early Years Foundation Stage

At St Michael in the Hamlet, children in EYFS develop skills that form a crucial foundation for later teaching of PSHE/Relationship at KS1. Both curriculums complement each other, providing opportunities for progression throughout the school. The PSHE curriculum in EYFS is largely covered in the following areas: Personal, Emotional and Social Development and Health and Self Care.

Addressing Coronavirus (Covid-19) in PSHE lessons

Teaching about hygiene routines, how bacteria and viruses affect health and recognising illness is a part of the Health Education aspect of PSHE education at all key stages. Pupils may ask about coronavirus (COVID-19) while discussing these topics or may raise concerns regarding the virus in response to media coverage.

At St Michael in the Hamlet Primary School we will:

- Continue to maintain a safe learning environment through agreed ground rules and distancing the learning.
- Stress that currently most people are at low risk of catching the virus, and even if they do most people's symptoms are not serious.
- Teach or reinforce hygiene routines such as hand-washing technique and important times to carry out these routines, such as before leaving home, on arriving at school, before eating and after using the toilet.
- Introduce or reinforce practices to prevent the spread of respiratory illnesses, such as coughing into the crook of the elbow, catching a sneeze in a tissue,

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putting the tissue in the bin, and washing hands. Alternatively, if they do not have a tissue, they should sneeze into their sleeve not onto their hand(s).

- Emphasise the importance of avoiding touching the eyes, nose, or mouth with unwashed hands and of not sharing cups or bottles.
- Challenge misconceptions that associate coronavirus with any particular group of people and signpost accurate sources of information such as the NHS or Public Health England.
- Be mindful of pupils who may feel more anxious about coronavirus, for example those who are concerned for elderly relatives. It may not be apparent who these pupils are, so keeping this in mind when discussing this topic with a class will help to avoid unnecessary distress.

All these messages will be delivered in an age appropriate way depending on the age of the children.

[Reviewed:](#) Autumn 2020

[Next Review:](#) September 2021

