

# PSHE (Personal, Social and Health Education) Policy 2021

## INTENT

At Dial Park Primary, our core values of DISCOVERY, INITIATIVE, AWARENESS, LISTENING, POSITIVITY, ACCEPTANCE, RELATIONSHIPS and KINDNESS are the foundation which our successes and achievements are built upon. Our PSHE curriculum is a fundamental part of helping children to live their lives by these values.

Our intention is to promote 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 and 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. They learn to recognise their own worth, work well with others and become increasingly responsible for their own learning and actions. Our children 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. Our children 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. Forest School (see Forest School policy) and our commitment to restorative justice (see Behaviour Policy) are integral to our philosophy.

PSHE falls 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.

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- 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.

### **Implementation**

PSHE is delivered within a whole school approach which includes:

- Timetabled curriculum lessons
- Cross-curricular subjects i.e. Science (human body), PE (keeping healthy), RE (respect and well-being)
- Forest School activities: safe use of knives and fire-building (see Forest School Policy and associated risk assessments)
- Specialised assemblies
- PSHE related events i.e. Anti-Bullying Week, Children's Mental Health Week, Safer Internet Day
- Visiting speakers/specialists i.e. Road Safety Team, Bikeability, Youth Offending Team, PCSO's