

Catherington C of E Infant School

Board of Governors



Personal, Social and Health Education Policy

Name of School	Catherington C of E Infant School
Date of Policy Review	February 2024
Date of Next Review	February 2026
Name of Headteacher	Mrs Maria Burden

This policy is linked to:

Child Protection Policy and Safeguarding Policy

Relationships Education Policy

Mental Health and Well-Being Policy

Behaviour Policy

Anti-bullying Policy

Personal, Social and Health Education Policy	
Date of Policy Issue/Review	February 2024 Review February 2026
Name of Headteacher	Maria Burden
Signature of Headteacher (Signed)(Dated)
Reviewed by Chair of Governors	
Signature & Date(Signed)(Dated)

Lead members of staff

Sarah Fennell- PSHE lead.

Maria Burden- Head teacher, Designated Child protection/safeguarding officer, Mental Health and Emotional Wellbeing lead.

Our Vision and Values

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships. (DofE)

At Catherington Church of England Infant School, we all work together to ensure our school is a safe, happy and exciting place, where children can grow on their unique academic, social and emotional journey.

Our Christian vision shapes all we do and it is through this we develop a child's understanding of caring, respectful and safe relationships and personal values.

Catherington's Core Christian Values

Love is thinking about others before yourself.

Respect is valuing everyone and everything and celebrating our differences.

Courage is doing the right thing even when it is difficult.

Aims of Personal, Social and Health Education

PSHE (Personal, Social and Health Education) is a programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. As part of a whole school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. (PSHE Association 2014)

We aim for all children in our school to develop the understanding, respect and self-confidence to play an active part in school life, be valued and be a valuable member of their communities. We strive to equip children to develop healthy, robust relationships with themselves, others and with God. At Catherington Church of England Infant school we aim to develop children's relationships so that they can lead safe, fulfilling, healthy lives and make the world we live in a better place for everyone.

Our school is committed to Personal, Social and Health Education which:

- Provides a balanced and broadly based curriculum promoting the spiritual, moral, cultural (SMC), emotional and physical development of all children leading to responsible and balanced lives
- Teaches pupils to develop effective and fulfilling relationships and to respect differences in society
- Provides opportunities for pupils to explore, clarify and if necessary challenge their own and others' values, attitudes, beliefs, rights and responsibilities
- Gives children the opportunities to make a positive contribution as future citizens
- Develops pupils awareness of the need to take personal responsibility; to develop a healthy lifestyle and keep themselves and others safe
- Encourages pupils to develop self-esteem, confidence and responsibility in order to make the most of their abilities
- Promotes the development of interpersonal skills which are vital to enhancing self-worth and raising achievement of all pupils
- Considers the safety and emotional wellbeing of the whole school community and maintains a positive school culture

Curriculum Organisation

Under section 78 of the Education Act 2002 and the Academies Act 2010 a curriculum must:

"promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils at the school for the opportunities, responsibilities and experiences of later life."

Opportunities to learn about physical health and personal wellbeing at Catherington are part of both the formal and informal curriculum. Developing personal skills and positive relationships are embedded throughout the school and have clear links to our Christian values of Love, Respect and Courage.

At Catherington, the content set out in this policy is taught in the context of a broad and balanced curriculum. Class teachers ensure that core knowledge is taught in a carefully sequenced way, within a planned programme of lessons. Teaching includes sufficient well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real life situations.

Our school delivers a timetabled PSHE programme, supported by the SCARF resource provided by Coram Life Education and Hampshire Supporting Personal Development Learning Guidelines.

The content is closely linked to the computing, PE and science curriculum and covers the following areas:

- Me and My Relationships
- Valuing Difference
- Keeping Myself Safe
- Rights and Responsibilities
- Being My Best
- Growing and Changing
- Health and Wellbeing
- Healthy Relationships
- Living in the Wider World

As part of this curriculum, we make special opportunities to teach:

Anti-bullying Week	Fire Safety	Road Safety
Internet Safety Week	Firework Safety	Sun Safety
Healthy School Week	NSPCC- Talk Pants	Water Safety

We also encourage and develop coping strategies and build resilience through the use of an Emotional and Personal Management programme called TRICKBOX. This also provides a simplified cognitive behaviour approach helping children to understand their feelings, do things that make them feel better, look at things differently and build confidence in forming positive relationships.

At Catherington, our PSHE curriculum encompasses the statutory Relationships and Health Education curriculum and is supported by our Behaviour policy which encourages everyone to show love and kindness to one another, respect by valuing everyone and everything while celebrating difference and courage to do the right thing. We ask the children to follow a set of simple rules which we call the Golden Rules.

The Golden Rules are:

- We are loving
- We are respectful to other people and the world around us.
- We always have the courage to be the best version of ourselves.

At Catherington C of E Infant School we offer pupils opportunities and experiences to develop self-esteem, responsibility and to achieve outside the classroom e.g. assemblies, school councillors, school trips and inter-school events.

- Inviting people from the wider community to contribute to the teaching of PSHE eg. RNLI, Fire Service
- Offering a wide range of activities that address different learning styles in order to support the teaching and learning of PSHE
- Celebrating individual and group achievements both within and outside the school environment

Whilst we deliver PSH education as part of a timetabled programme, our teaching is flexible and responsive to meet the needs of individuals and cohorts as and when issues arise. Our PSHE curriculum is accessible for all pupils, with teaching that is differentiated and personalised to meet the needs of pupils with special educational needs and disabilities (SEND). We also use the Emotional Literacy Support Assistants (ELSA) programme to provide individual support for pupils with social, emotional and mental health needs.

Our curriculum has been updated in consultation with staff, parents and pupils in preparation for the compulsory teaching of Relationships Education in September 2020 and reflects the DfE Statutory Guidance for Relationships and Health Education (most recently updated on 13th September 2021).

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

Our Personal, Social and Health Education curriculum also complies with the relevant requirements of the Equality Act 2010; we also undertake to follow the principles in the Church of England *Charter for faith sensitive and inclusive relationships education and health education* (RSHE).

www.legislation.gov.uk/ukpga/2010/15/contents

<https://www.churchofengland.org/more/education-and-schools/church-schools-and-academies/relationships-sex-and-health-education>

Assessment and Monitoring

The designated Senior Lead for PSHE and Head teacher:

Regularly reflect and re-examine the curriculum and ethos throughout the school ensuring it remains to be fit for purpose. This is achieved through pupil conferencing, discussions with staff, governors and parents, considering current legislation and adapting planning to meet the needs of individual pupils and cohorts.

Training

All staff receive regular training from the Lead on new updates and resources for Personal, Social and Health Education, especially in regards to the new legislation for Compulsory Relationship Education teaching in September 2020.

The Right to Withdraw

The right to withdraw allows parents and carers to request that their child does not participate in certain lessons at school. Parents and carers may only request for their child to be withdrawn from parts of the curriculum which are non-statutory.

Details of the right to withdraw can be found in the government's statutory guidance on Relationships Education, Relationships and Sex Education (RSE) and Health Education.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1090195/Relationships_Education_RSE_and_Health_Education.pdf)

From September 2020, Relationships Education and Health Education became statutory for all primary children, in all primary schools. This means that parents and carers cannot withdraw their child from these lessons.

In Year 1 children learn to identify, name, draw and label the basic parts of the human body. In Year 2 children learn that animals, including humans, have offspring that grow into adults. They are introduced to the concepts of reproduction and growth, but not how reproduction occurs.

Signposting

We ensure that staff, pupils and parents are aware of sources of support within school and the local community.

These are detailed here and on the website:

NSPCC PANTS: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

Road safety: <http://www.brake.org.uk/schools-communities>

Online Safety: <https://www.thinkuknow.co.uk/parents/jessie-and-friends/>

Childline: <http://www.childline.org.uk>

RNLI: <https://rnli.org/youth-education/education-resources/lower-primary>

MIND: <https://www.mind.org.uk/information-support/for-children-and-young-people/>

NHS Sun Safety: <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

In order to support parents we will:

- Highlight sources of information and support about online relationships and being safe on our school website.
- Ensure that all parents are aware of who to talk to if they have concerns.
- Make our Personal, Social and Health Education policy easily accessible to parents.
- Share ideas about how parents can support personal development and positive relationships for their children on the website.
- Keep parents informed about the PSHE topics their children are learning about in the curriculum and share ideas for extending and exploring this learning at home.