



Greenleas PSHE- Personal, Social,
Health and Economic Education Policy
2021



PSHE

1. INTRODUCTION

At Greenleas Primary School, every child matters. Our PSHE curriculum is the means of providing all our children with the skills and understanding they need to become healthy, secure, independent and responsible members of society.

The curriculum contributes to children's understanding of society outside school and allows children to begin to view themselves, and the role they play, within a local, national and world community.

PSHE helps to provide a basis for the formation of values, attitudes and beliefs.

Our aim is to develop children's social, moral, spiritual and cultural development in an ever-changing world.

PSHE objectives will continue to be woven into everything that we do and, in light of the recent COVID-19 crisis, mental well-being & emotional stability will remain top of the agenda. In the Secretary of State's Forward ((Relationships Education, Relationships and Sex Education and Health Education) it was stated that,

"in primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy..... teaching about mental wellbeing is central especially as a priority for parents is their children's happiness."

Never before has this been more accurate.

2. RATIONALE FOR NEW UPDATED POLICY

To ensure the school is meeting statutory responsibilities:

From September 2020, the Health Education and Relationships Education (primary) and the secondary Relationships and Sex Education (RSE) (secondary) aspects of PSHE education will be compulsory in all schools.

"Personal, social, health and economic education is an important and necessary part of all pupil's education (National Curriculum 2014)

Therefore this policy is written alongside a new RSE Policy.

3. MAIN TEACHING OBJECTIVES TO BE COVERED:

- 3.1 Health and Wellbeing
 - To understand how to have a safe and healthy lifestyle, both as a child and as an adult.
 - To develop confidence, self-esteem, self-worth & resilience and to be able to make the most of their abilities.

- 3.2 Relationships
 - To develop good relationships and to learn to respect differences between people (SEE RELATIONSHIPS EDUCATION POLICY)

- 3.3 Living in the Wider World

- To prepare for playing an active role as citizens and encouraging positive contributions to school and wider community.
- To encourage a sense of democracy and British laws; instilling a sense of what is right and wrong; promoting British values as part of SMSC (spiritual, moral, social and cultural) development.

And will include:

- Mental Wellbeing
- Internet Safety and Harms
- Physical Health and Fitness
- Healthy Eating
- Drugs, Alcohol and Tobacco
- Health and Prevention (it is noted that in light of the 2020 Covid-19 crisis that this aspect of the curriculum will need to be dealt with with an increased level of awareness and sensitivity)
- Basic First Aid
- Changing Adolescent Body

4. HOW WILL TEACHING TAKE PLACE?



4.1 HEARTSMART

Teaching will be delivered using the HeartSmart scheme of work/ teaching approach: see appendix 1 for examples of lesson plans. The HeartSmart lessons were trialled by a selection of teachers - see appendix 2 for feedback.

www.heartsmart.school

"HeartSmart has given us a language to give our children to be able to express what's in their hearts and to be able to make it cool; to be loving, to be kind, to be forgiving, and it fits perfectly with restorative practices....." School Principal

HeartSmart covers 90% of the suggested PSHE requirements. *See Appendix 3 - table*

Where an aspect is not covered, appropriate year groups will decide whether this aspect should be included in their planning.

4.2 The HeartSmart High Five: Each year Group will cover all 5 aspects at a level appropriate to them and the children will be taught which aspect is being covered in each session:

a) Don't Forget to Let Love In!

Learning how important, valued and loved we are.

b) Too Much Selfie isn't Healthy!

Exploring the importance of others and how to love them well.

c) Don't Rub it In, Rub it Out!

Understanding how to process negative emotion and choose forgiveness to restore relationships.

d) Fake is a Mistake!

Unpacking how to bravely communicate truth and be proud of who we are.

e) 'No Way Through,' isn't True!

Knowing there is a way through every situation no matter how impossible it may seem.

5. ADDITIONAL

We also develop PSHE through activities and whole school events. For example,

We offer residential trips to Y4 and Y6 where there is a particular focus on developing self-esteem, confidence, co-operation and developing leadership skills through team building.

We also support various charities at different times of the year; often triggered by a personal connection to a member of our school community.

Often, additional PSHE foci will be required, guided by the needs of the cohort and this is encouraged. E.g. additional friendship work; telling the truth etc.

6. CROSS CURRRICULAR LINKS:

PE - Health and Safety; personal and social skills; physical activity benefits

RE - religious and moral beliefs, values and practices that underpin and influence personal and social issues

Science - Drugs, including medicine, health, safety and the environment

English - Stories that illustrate aspects of personal and social development - See 9. Recommended Reads and useful links

Maths - counting, sharing and economics

ICT - communicating with others - online platforms for communications, email, finding information on internet, e-safety

History - reasons for and results of historical events, experiences and impact on people from the past

Geography - topical issues including the environment, sustainable development and less developed places in the world as well as own locality

Music and Art - making the most of abilities; ideas communicated through art and music; respecting expression

7. OUTCOMES

Children from F2 up to Y6 to work through the progressive scheme of work.

All children to understand the main key concepts as introduced by HeartSmart: The HeartSmart High 5 and to be able to talk about their learning.

Children to understand their contributions to the values of the school, their local community, Britain and the wider world.

Children understand how to be good citizens, including online.

Children to be motivated, secure, confident and independent learners.

Equal opportunities to be promoted.

Children should be clear about what constitutes a healthy life style and know how to make informed choices about their own lives.

Children to be informed about risk-taking, challenges and changes, all of which are inevitable as they grow up.

Children to recognise their own abilities and know how to make the most of their own individual characteristics.

8. REVIEW PROCESS & THE WAY FORWARD

The new policy to be submitted to HT and governing body.

The new PSHE policy and new scheme of work to be shared with staff so that a September 2020 launch date is viable.

Class teachers to assess PSHE as part of their termly assessments.

The policy and delivery of lessons to be regularly reviewed by the PSHE co-ordinator.

9. USEFUL LINKS/ RECOMMENDED READS

- ❖ KS1 PSHE BBC clips

<https://www.bbc.co.uk/teach/ks1-pshe/zfyskmn>

- ❖ KS2 PSHE BBC clips

<https://www.bbc.co.uk/teach/ks2-pshe/zbrg7nb>

- ❖ Excellent Link to book suggestions about resilience

<https://schoolreadinglist.co.uk/books-for-topics/resilience/>

- ❖ Excellent link to book suggestions about families and adoption

<https://schoolreadinglist.co.uk/books-for-topics/adoption/>

❖ Read extracts about home and family @:

<https://www.lovereadings4kids.co.uk/genre/fam/Family-Home-Stories.html>

❖ Read extracts about the environment and ecological interests@:

<https://www.lovereadings4kids.co.uk/genre/eco/Ecological-and-Environmental.html>

There are several books linked to PSHE aspects in school. Please ask A. Youdan.

Appendices - to be added

Appendix 1 Examples of Lesson plans

Appendix 2 Teacher Feedback

Appendix 3 Table of H.S. PSHE Objectives

