

# GILDERSOME PRIMARY SCHOOL

## PSHE Policy



Agreed by the Governing Body: December 2018  
Review Date: December 2020

*Model policy by The Health and Wellbeing Service Leeds City Council 2017 Version 1.1*

# Personal, Social and Health Education Policy and Guidance

## 1. Context, including national and local policy and legislation

The policy supports a whole school approach to PSHE in the curriculum, and throughout the life of the school and its community. It is consistent with current legislative frameworks and non-statutory guidance.

### Duty to promote wellbeing:

The Education Act and Inspections Act 2006 place a requirement on schools to promote pupils' wellbeing (as identified in the Children Act 2004) as well as their academic achievement. We are committed to promoting the health and wellbeing of pupils, and of the whole school community, and fully recognise the important cyclical relationship between wellbeing and learning.

### National Curriculum:

The National Curriculum states that all schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. It must also:

- 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.

The National Curriculum Framework (2013) states specifically that 'all schools should make provision for PSHE, drawing on good practice.'

### Health and wellbeing promoting schools / Healthy Schools:

We are committed to providing a 'health and wellbeing climate and culture'. This means that we place teaching and learning in the wider context of our approach to:

- Leadership, management and managing change
- Policy development
- Curriculum, planning, resourcing and impact
- Teaching and learning
- Assessment, recording and reporting progress and achievement
- Pupil voice
- Pupils' support services
- Staff professional development needs
- Partnerships with parents/carers, the community and external agencies
- School culture and environment

## 2. Development process

We are committed to the ongoing development of PSHE in our school. We will use the following indicators to monitor and evaluate our progress:

- a coordinated and consistent approach to curriculum delivery has been adopted
- the content of the SRE curriculum is flexible and responsive to pupils' differing needs which are gathered at least annually through the use of pupil perception data such as the My Health My School Survey
- pupils are receiving an entitlement curriculum for PSHE in line with national and local guidance
- there are clearly identified learning objectives for all PSHE activities, and pupils' learning is assessed using both formative and summative approaches
- opportunities for cross-curricular approaches are being used where appropriate
- the impact of training for staff and governors on practice is evaluated
- policy and practice is revised regularly and involves staff, governors and, where appropriate, pupils
- a variety of methods is employed to communicate the key points of the policy and curriculum to the community

This policy was drafted by the PSHE Leader in consultation with Local Authority.

Parents/carers were consulted through use of the school website and invited to give feedback, teaching and non-teaching staff were consulted through staff meetings and invited to offer feedback, and pupils were consulted through school council. Governors were consulted through the Pupil Support Committee. This policy has been approved and adopted by the Head Teacher and Governing Body. The member of staff responsible for overseeing and reviewing this policy is the PSHE Leader. It will be reviewed in full every 2 years.

### **3. Location and dissemination**

This policy document is freely available on request to the whole school community. A copy of the policy can be found on the school website. A physical copy of the policy is available on request from the school office.

### **4. Definition**

*What is the school's definition of PSHE?*

The DfES report 'Preparing Young People for Adult Life' stated that 'Society has a responsibility to help children and young people to meet the challenges of life by helping them to understand and value themselves, be optimistic about the future and life's possibilities, and to develop positive self-esteem, confidence and to take increasing control of, and responsibility, for their lives and play an active part in their own communities. Personal, Social and Health Education, including Sex Education and Drug Education, provides a whole school strategy for working in partnership with parents and others to help children to overcome the social pressures they face and the barriers they present to learning and achievement.'

(Preparing Young People for Adult Life – DfEE)

PSHE education can be defined as a planned 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.

The benefits to pupils of such an approach are numerous as PSHE prepares them to manage many of the most critical opportunities, challenges and responsibilities they will face growing up in such rapidly changing and challenging times. It also helps them to connect and apply the knowledge and understanding they learn in all subjects to practical, real-life situations while helping them to feel safe and secure enough to fulfil their academic potential.

(PSHE Association July 2013)

### **5. Policy relationship to other policies**

The policy links to:

- Child Protection/Safeguarding
- Relationship and Sex Education
- Drug Education
- Managing Drug Related Incidents Procedure
- Single Equality Scheme
- SEN/Inclusion
- Behaviour/Anti-bullying
- Health and Safety
- Assessment
- Teaching and Learning
- Online Safety
- Science

- Medical Conditions
- Administering Medicines
- Asthma

## **6. Overall school aims for Personal, Social and Health Education**

*What are the school's overall aims for PSHE?*

Our approach to PSHE consists of a comprehensive and developmental programme of teaching and learning, which is delivered in the context of a Healthy School where the health and wellbeing of pupils and of the whole school community are actively promoted. Our PSHE programme has a positive influence on the ethos, learning and relationships throughout the school. It is central to our values and to achieving our school's stated aims and objectives.

Our PSHE programme helps pupils to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives now and in the future, as individuals, parents/carers, workers and members of society. It is embedded within the wider learning offered by the school to ensure that pupils experience positive relationships with adults and with each other and feel valued, and that those who are most vulnerable are identified and supported. Pupils 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.

The overarching aim for PSHE education is to provide pupils with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary, challenge their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives

(PSHE Association July 2013)

Within this, the school aims to develop pupils' understanding of:

- identity, including personal qualities, attitudes, skills, attributes and achievements and what influences these
- relationships, including different types and in different settings
- a healthy lifestyle, including physically, mentally, emotionally and socially
- a balanced lifestyle, including within relationships, work-life, exercise and rest, spending and saving and diet
- risk, including identification, assessment and how to manage risk rather than simply the avoidance of risk for self and others
- safety, including behaviour and strategies to employ in different settings
- diversity and equality, in all its forms
- rights, including the notion of universal human rights, responsibilities including fairness and justice and consent in different contexts
- change and resilience, the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance
- power in a variety of contexts including persuasion, bullying, negotiation and 'win/win' outcomes
- career, including enterprise, employability and economic understanding

## **7. To whom the policy applies**

The policy applies to:

- The Head Teacher
- All school staff
- The governing body
- Pupils

- Parents/carers
- School nurse and other health professionals
- Partner agencies working in or with the school
- Religious leaders/faith groups

## 8. Key responsibilities for PSHE

### i. All staff

All staff will:

- ensure that they are up to date with school policy and curriculum requirements regarding PSHE
- attend and engage in professional development training around PSHE provision, including individual and whole staff training/inset, where appropriate
- attend staff meetings to be introduced to any new areas of work and review the effectiveness of the approaches used
- report back to the PSHE Leader on any areas that they feel are not covered or inadequately provided for in the school's PSHE provision
- encourage pupils to communicate concerns regarding their social, personal and emotional development in confidence and listen to their needs and support them seriously
- follow the school's reporting systems if a pupil comes to a member of staff with an issue that they feel they are not able to deal with alone
- ensure that their personal beliefs and attitudes will not prevent them from providing balanced PSHE in school
- tailor their lessons to suit all pupils in their class, across the whole range of abilities, faiths, beliefs and cultures, including those pupils with special educational needs.
- ask for support in this from the school SEND coordinator or the PSHE Coordinator, should they need it.
- support parent/carer involvement in the development of the PSHE curriculum
  - ensure that their personal beliefs, values and attitudes will not prevent them from providing balanced PSHE in school
- communicate freely with staff, parents/carers and the governing body to ensure that everyone is in understanding of the school policy and curriculum for PSHE, and that any concerns or opinions regarding the provision at the school are listened to, taken into account and acted on as is appropriate
- ensure that provision of PSHE at home is complementary to the provision the school provides and communicate to parents/carers any additional support available where necessary or requested.

### ii. Lead member/s of staff

The lead member of staff is entitled to receive training in their role and responsibilities. This supports them to lead on the development of the school's policy and practice and to monitor its implementation. This practice includes the curriculum and approaches to teaching and learning, as well as whole school approaches to health and wellbeing.

Specific responsibilities	Who – role? <i>E.g. PSHE lead, Head Teacher, CP designated teacher</i>
Co-ordinating the PSHE provision, ensuring a spiral curriculum	PSHE Leader
Named governor responsible for PSHE	Martin Kisby
Accessing and co-ordinating training and support for staff	PSHE Leader and Head Teacher

Establishing and maintaining links with external agencies/other health professionals	PSHE Leader, Headteacher and Inclusion Lead
Policy development and review, including consultation	PSHE Leader
Implementation of the policy; monitoring and assessing its effectiveness in practice	PSHE Leader and Head Teacher
Managing child protection/safe guarding issues	Head Teacher, Deputy Headteacher and Learning Mentor
Establishing and maintaining links with parents/carers	All teaching staff
Liaising with link schools to ensure a smooth transition	Y6 teachers, Inclusion Lead and Safeguarding Lead
Liaising with the media	Head Teacher

The lead member of staff will:

- develop the school policy and review it on a yearly basis
- ensure all members of the governing body will be offered appropriate PSHE training
- ensure that, where appropriate, staff are given regular and ongoing training on issues relating to PSHE and how to deliver lessons on such issues
- ensure that all staff are up to date with policy changes, and familiar with school policy and guidance relating to PSHE
- provide support to staff members who feel uncomfortable or ill-equipped to deal with the delivery of PSHE
- ensure that PSHE is age appropriate and needs-led across all year groups; this means ensuring that the curriculum develops as the pupils do and meets their needs
- ensure that the knowledge and information regarding PSHE to which all pupils are entitled is provided in a comprehensive way
- support parent/carer involvement in the development of the PSHE curriculum
- ensure that their personal beliefs, values and attitudes will not prevent them from providing balanced PSHE in school
- communicate freely with staff, parents/carers and the governing body to ensure that everyone is in understanding of the school policy and curriculum for PSHE, and that any concerns or opinions regarding the provision at the school are listened to, taken into account and acted on as is appropriate
- ensure that provision of PSHE at home is complementary to the provision the school provides and communicate to parents/carers any additional support available where necessary or requested

### iii. **Governors**

The governing body, as a whole, plays an active role in monitoring, developing and reviewing the policy and its implementation in school. There is a named link governor for PSHE who works closely with, and in support of, the lead member/s of staff. When aspects of PSHE appear in the School Improvement Plan, a governor will be assigned to reflect on, monitor and review the work as appropriate.

### iv. **Pupils**

All pupils:

- should support one another with issues that arise through PSHE
- will listen in class, be considerate of other people's feelings and beliefs, and comply with confidentiality rules that are set in class
- will be made to feel comfortable to talk to a member of staff, in confidence, regarding any concerns they have in school related to PSHE or otherwise

- will be asked for feedback on the school's PSHE provision yearly and be expected to take this responsibility seriously; opinions on provision and comments will be reviewed by the lead member of staff for PSHE and taken into consideration when the curriculum is prepared for the following year's pupils

#### **v. Parents/ Carers**

The school recognises the key role that parents/carers fulfil in supporting their children through their personal development and the emotional and physical aspects of growing up. Therefore, we seek to work in partnership with parents/carers when planning and delivering PSHE.

The school will encourage this partnership by:

- keeping parents/carers informed about all aspects of the PSHE curriculum, including when it is going to be delivered through Curriculum Newsletters etc.
- gathering parent /carers' views on the policy and take these into account when it is being reviewed
- providing access to resources and information being used in class and do everything to ensure that parents/carers are comfortable with the education provided to their children in school through the school website and parent workshops
- expecting parents/carers to share the responsibility of PSHE and support their children
- encouraging parents/carers to create an open home environment where pupils can engage, discuss and continue to learn about matters that have been raised through PSHE
- providing support and encourage parents/carers to seek additional support in this from the school where they feel it is needed

### **9. Staff support and CPD**

The school provides regular professional development training in how to deliver PSHE.

Staff, including non-teaching staff, CPD needs are identified and met through the following ways:

- an audit of staff CPD needs will be completed each year or at appropriate times throughout the year
- training and support is organised by the Head Teacher who may choose to liaise with the subject leader
- all members of the teaching and non-teaching staff will be offered generic PSHE training which includes sessions on confidentiality, setting ground rules, handling controversial issues, responding to awkward questions, an introduction to the rationale of why teaching PSHE is so important, learning outcomes and school policy
- teaching and non-teaching staff involved in the delivery of PSHE issues seen as potentially more sensitive will be offered appropriate training to encourage confidence in dealing with matters of confidentiality, child protection, sensitive issues, and with potentially difficult questions

### **10. PSHE Provision**

#### **i. Intended learning outcomes for PSHE**

##### **Key Stage 1**

##### **1. Developing confidence and responsibility and making the most of their abilities**

- a) to recognise what they like and dislike, what is fair and unfair, and what is right and wrong
- b) to share their opinions on things that matter to them and explain their views
- c) to recognise, name and deal with their feelings in a positive way
- d) to think about themselves, learn from their experiences and recognise what they are good at
- e) how to set simple goals.

## **2. Preparing to play an active role as citizens**

- a) to take part in discussions with one other person and the whole class
- b) to take part in a simple debate about topical issues to recognise choices they can make, and recognise the difference between right and wrong
- c) to agree and follow rules for their group and classroom, and understand how rules help them
- d) to realise that people and other living things have needs, and that they have responsibilities to meet them
- e) that they belong to various groups and communities, such as family and school
- f) what improves and harms their local, natural and built environments and about some of the ways people look after them
- g) to contribute to the life of the class and school
- h) to realise that money comes from different sources and can be used for different purposes.

## **3. Developing a healthy, safer lifestyle**

- a) how to make simple choices that improve their health and wellbeing
- b) to maintain personal hygiene
- c) how some diseases spread and can be controlled
- d) about the process of growing from young to old and how people's needs change
- e) the names of the main parts of the body
- f) that all household products, including medicines, can be harmful if not used properly
- g) rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

## **4. Developing good relationships and respecting the differences between people**

- a) to recognise how their behaviour affects other people
- b) to listen to other people, and play and work cooperatively
- c) to identify and respect the differences and similarities between people
- d) that family and friends should care for each other
- e) that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying.

## **Key Stage 2**

### **1. Developing confidence and responsibility and making the most of their abilities**

- a) to talk and write about their opinions, and explain their views, on issues that affect themselves and society
- b) to recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals
- c) to face new challenges positively by collecting information, looking for help, making responsible choices, and taking action
- d) to recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way
- e) about the range of jobs carried out by people they know, and to understand how they can develop skills to make their own contribution in the future
- f) to look after their money and realise that future wants and needs may be met through saving.

### **2. Preparing to play an active role as citizens**

- a) to research, discuss and debate topical issues, problems and events
- b) why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules
- c. to realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities

- c) that there are different kinds of responsibilities, rights and duties at home, at school and in the community, and that these can sometimes conflict with each other
- d) to reflect on spiritual, moral, social, and cultural issues, using imagination to understand other people's experiences
- e) to resolve differences by looking at alternatives, making decisions and explaining choices
- f) what democracy is, and about the basic institutions that support it locally and nationally
- g) to recognise the role of voluntary, community and pressure groups
- h) to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom
- i) that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment
- k. to explore how the media present information.

### **3. Developing a healthy, safer lifestyle**

- a) what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices
- b) that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread
- c) about how the body changes as they approach puberty which commonly available substances and drugs are legal and illegal, their effects and risks
- d) to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable
- e) that pressure to behave in an unacceptable or risky way can come from a variety of sources, including people they know, and how to ask for help and use basic techniques for resisting pressure to do wrong
- f) school rules about health and safety, basic emergency aid procedures and where to get help.

### **4. Developing good relationships and respecting the differences between people**

- a) that their actions affect themselves and others, to care about other people's feelings and to try to see things from their points of view.
- b) to think about the lives of people living in other places and times, and people with different values and customs
- c) to be aware of different types of relationship, including marriage and those between friends and families, and to develop the skills to be effective in relationships
- d) to realise the nature and consequences of racism, teasing, bullying and aggressive behaviours, and how to respond to them and ask for help
- e. to recognise and challenge stereotypes
- e) that differences and similarities between people arise from a number of factors, including cultural, ethnic, racial and religious diversity, gender and disability
- f) where individuals, families and groups can get help and support.

## **ii. The needs of the pupils**

We recognise that an interactive approach to PSHE will better develop the skills of our pupils, and also that, it is more likely to meet their needs. We involve pupils in the evaluation and development of their PSHE in ways appropriate to their age.

We will involve pupils through:

- discussions with small groups of pupils
- questionnaires/surveys (e.g. the My Health My School Survey)
- draw and write activities
- the use of anonymous question boxes
- self-assessment activities

- pupil focus groups formed specifically for PSHE
- older pupils review the PSHE programme for younger pupils
- pre and post assessment activities for PSHE
- school council meetings
- full class consultation activities which ensure all pupils have a voice in the process

### iii. **Topics to be covered**

Throughout PSHE teaching and learning, the following topics will be covered at the appropriate point in their school career;

- Physical health and well being
- Keeping safe and managing risk
- Identity, society and equality
- Drug, alcohol and tobacco education
- Mental health and emotional wellbeing
- Careers, financial capability and economic wellbeing
- Relationships and Sex education
- Preventative curriculum including: online-safety, child sexual exploitation and grooming, road safety awareness and PREVENT

### iv. **Curriculum organisation**

Pupils receive their entitlement for learning PSHE through a spiral curriculum which demonstrates progression. The PSHE programme is delivered through a variety of opportunities including:

- designated PSHE time
- 1 lesson a week
- circle time
- use of external agencies/services
- school ethos
- small group work
- cross curricular links
- assemblies
- enrichment days / weeks
- residential trips
- 1 mental health lesson each half term

### v. **Working with visitors and other external agencies**

Where appropriate, we may use visits and visitors from external agencies or members of the community to support PSHE. This is an enrichment of our programme and not a substitute for our core provision, which is based upon the strong relationships between teachers and pupils. It may be the case that the subject under discussion is better coming from an expert or experienced health professional who can challenge pupil's perceptions. When visitors are used to support the programme, a teacher will be present throughout these lessons. Visitors will be given a copy of the Visitor's Handbook, and any other relevant policies, and expected to comply with the guidelines outlined within it.

Residential trips can make a significant contribution to pupils' personal development. When planning such visits, we use opportunities to promote pupils' learning in relevant areas of the PSHE curriculum. Our partnership with the local community is also a priority, and we recognise and value its contribution to the PSHE programme.

Before involving visitors in any aspect of PSHE, teachers will ensure that:

- the visitor understands the school's visitor handbook including statements relating to confidentiality, values and approach to the educational programme
- there is appropriate planning, preparatory and follow up work for the sessions

- the visitor understands the emotional, intellectual, cultural, religious, social and ability level of the pupils involved, including where there may be a specific issue relating to child protection
- the teacher needs to be part of the experience in order for the pupils to value the lessons and to build on the pupils' learning after the session/s as well as answer any questions the pupils may subsequently have

**vi. Inclusion and equal opportunities**

All pupils, whatever their experience, background and identity, are entitled to quality PSHE that helps them build confidence and a positive sense of self, and to stay healthy. All classes include pupils with different abilities and aptitudes, experiences and religious/cultural backgrounds, gender and sexual identities. To encourage pupils to participate in lessons, teachers will ensure content, approach, and use of inclusive language reflects the diversity of the school community, and helps each and every pupil to feel valued and included in the classroom.

We promote the needs and interest of all pupils. The school's approaches to teaching and learning take into account the ability, age, readiness and cultural backgrounds of pupils to ensure all can access the full PSHE provision. We promote social learning and expect our pupils to show a high regard for the needs of others. PSHE is an important vehicle for addressing both multicultural and gender issues and ensuring equal opportunities for all.

**Responding to pupils' diverse learning needs:**

Considerations will be made for:

- religious and cultural diversity
- differing gender needs and abilities, including SEND
- diverse sexuality of pupils
- homophobic/transphobic bullying and behaviour
- pupil's age and physical and emotional maturity
- pupils who are new to English

**Ethnicity, religion and cultural diversity:**

Our policy values the different backgrounds of all pupils in school and, in acknowledging and exploring different views and beliefs, seeks to promote respect and understanding. We encourage respect for all religions and cultures. We do not ask pupils to represent the views of a particular religious or cultural group to their peers, unless they choose to do so.

**Special educational needs and learning difficulties:**

We ensure that all pupils receive PSHE and we offer provision appropriate to the particular needs of our pupils, taking specialist advice where necessary. Staff will differentiate lessons to ensure that all members of the class can access the information fully. The school will use a variety of different strategies to ensure that all pupils have access to the same information. Some pupils will be more vulnerable to abuse and exploitation than their peers, and others may be confused about what is acceptable public behaviour. These pupils will need help to develop skills to reduce the risks of being abused and exploited, and to learn what sorts of behaviour are, and are not, acceptable.

**Sexual identity and sexual orientation:**

We have a clear duty under the Equality Act 2010 to ensure that our teaching is accessible to all pupils, including those who are lesbian, gay, bisexual and transgender (LGBTQ+). Inclusive PSHE will foster good relations between pupils, tackle all types of prejudice, including homophobia, and promote understanding and respect, enabling us to meet the requirements, and live the intended spirit, of the Equality Act 2010.

**Pupils who are new to English**

The school should take into account the language skills of individual pupils, ensuring that all pupils have equal access to the PSHE provision and resources.

The three principles for inclusion are:

- Setting suitable learning challenges  
High standards are expected for all pupils. This will be done by delivering a comprehensive scheme of work which provides continuity and progression for all.
- Responding to pupils' diverse learning needs. Teaching and learning should be planned so that all lessons are inclusive, and all pupils are enabled to participate fully and effectively.
- Overcoming potential barriers to learning and assessment for individuals and groups of pupils

Short term planning should seek to lower as much as is possible barriers to learning, participation and assessment through flexible approaches to teaching/learning both in the classroom and in the wider school environment.

## **vii. Resources**

We use primarily the Islington Primary Scheme of Work, 'You, Me PSHE' and the resources recommended within it. We will focus on the needs of the pupils and our planned learning objectives. We select carefully resources, which meet these objectives. We evaluate carefully teacher resources, leaflets, online resources and videos before using them (see checklist below).

We use children's books, both fiction and non-fiction, extensively within our PSHE programme. Teachers will always read and assess the books before using them to ensure they are appropriate for the planned work. They will also consider the needs and circumstances of individual pupils in class when reading texts, in case they need to have a preparatory conversation with a pupil before the teaching takes place, for instance.

Key texts and resources we may use for PSHE are:

- Texts on different families, same love: King and King, And Tango Makes Three, The Family Book, Mummy and Momma are getting married, The Different Dragon
- Texts on emotional wellbeing: The Big Bag of Worries, Keeping safe: Oh Lila!
- Drugs and alcohol: Rory
- Family relationships: no additional resources currently used
- CSE: Alright Charlie, I saw your Willy, Lucy and The Boy
- FGM: My Body, My rules 2015
- NSPCC Visitors – workshops with Year 5 and 6 and Key stage assemblies

In addition to these, the programme should be taught using a range of resources, which may vary depending on the needs of the pupils at the time. Ofsted identifies a feature of outstanding PSHE as the use of a 'range of well-chosen and imaginative resources to support learning, such as case studies, scenarios, visual images and video clips with thought-provoking messages.'

The programme aims to use resources which, used together, promote inclusive PSHE. Staff members consider the following questions when choosing and using a resource:

- Is the resource consistent with the school's ethos and values?
- Is it factually correct and up-to-date?
- Does it encourage active and participatory learning?
- Is the resource contemporary in terms of the realities of pupils' lives?
- Does the resource portray positive images of a range of children?
- Does the resource show positive role models for girls and boys / women and men and avoid stereotypes relating to gender?
- Is the resource inclusive on the basis of home and family circumstance, gender, sexuality, race, faith, culture, language and disability?
- Is it appropriate for the age, ability and maturity of the pupils?

### **viii. Learning environment and ground rules**

Staff are careful to ensure their personal beliefs and attitudes do not influence the teaching of PSHE. To this end, ground rules have been agreed to provide a framework of common values within which to teach. There are clear parameters as to what will be taught in a whole-class setting, and what will be dealt with on an individual basis.

If pupils are to benefit fully from a PSHE programme, they need to be confident speakers, good listeners and effective, sensitive communicators. When the needs of pupils are analysed, of overriding importance are two key areas: they need to feel safe and be safe. A set ground rules will help staff to create a safe and relaxed environment in which they do not feel embarrassed or anxious about unexpected questions or comments from the pupils. They also reduce the possibility of inappropriate behaviour and the disclosure of inappropriate personal information.

The overarching principles of the school ground rules are:

- We listen to each other.
- We do not say or do anything that would hurt another person.
- We do not use people's names within an open forum.
- We signal when we want to say something.
- We may say pass.
- If a game involves touch we may sit and watch before making a decision to join in.

We will develop these ground rules with the children and therefore they may vary slightly between classes.

### **ix. Answering questions**

We acknowledge that sensitive and potentially difficult issues will arise in PSHE as pupils will naturally share information and ask questions. When spontaneous discussion arises, it is guided in a way that reflects the stated school aims and curriculum content for PSHE. As a first principle, we answer questions relating to taught, planned curriculum for that age group to the whole class. We answer questions relating to areas beyond the taught, planned curriculum for that age group, in a sensitive and age appropriate way, only to the pupil or pupils who have asked the question. If a member of staff is uncertain about the answer to a question, or indeed whether they should answer it, they will seek guidance from the PSHE leader/ Child Protection Officer. Questions may be referred to parents/carers if it is not appropriate to answer them in school. We may use a question box where questions may be asked anonymously.

When answering questions, we ensure that sharing personal information by adults, pupils or their families is discouraged. Where a question or comment from a pupil in the classroom indicates the possibilities of abuse or risk of harm, teachers will pass this information to the designated person for safeguarding and child protection, in line with school policy and procedures.

Ground rules are essential when discussing sensitive subject matters. Staff will establish clear parameters about what is appropriate and inappropriate in a whole-class setting by for example:

- staff will set the tone by speaking in a matter-of-fact way
- pupils will be encouraged to write down questions, anonymously if desired, and post them in a question box or ask-it basket
- staff will have time to prepare answers to all questions before the next session, and may choose not to respond in a whole-class setting to any questions that are inappropriate or need one-to-one follow up
- if a verbal question is too personal, staff will remind the pupils of the ground rules
- if a question is too explicit, feels too old for a pupil, is inappropriate for the whole class, or raises concerns, staff will acknowledge it and promise to attend to it later on an individual basis

- staff will not provide more information than is appropriate to the age of the pupil
- if staff are concerned that a pupil is at risk of abuse, the designated teacher will be informed and the usual child protection procedures followed

**x. Assessment, recording and reporting in PSHE**

We assess pupils' learning in PSHE in line with approaches used in the rest of the curriculum (including assessment for learning). We report to parents/carers at the end of the school year on pupils' learning in PSHE.

A range of the following assessment methods may be used as appropriate:

- baseline or pre-assessment (essential for needs-led PSHE)
- assessment is built into the PSHE programme to inform planning
- pupil self-assessment is used where appropriate
- assessment focuses on knowledge as well as skill development and attitudes
- Practitioners have assessment sheets to support the module to record progress
- Identifying pupils who have exceeded or fallen short of the module objectives and those that have achieved it
- pupil achievement is reported to parents/carers

**xi. Monitoring and evaluation**

**Monitoring activities:**

- PSHE leadership with a system of lesson observations and peer support
- a system for regular review of the PSHE policy and programme
- pupil and staff interviews/questionnaires
- pupil/staff/parent surveys
- scrutinising staff planning
- samples of pupils' work

Monitoring is an ongoing process that checks the degree to which a programme or scheme of work is being effectively implemented. Monitoring answers the questions:

- Is the programme effectively managed and are staff clear about their roles and responsibilities?
- Does the planned programme reflect national guidance, local priorities and pupils' needs?
- Are all pupils being taught the programme as planned?

**Evaluation activities that may be used are:**

- teacher and pupil evaluation of lessons, units and the overall PSHE programme
- teacher and pupil evaluation of resources
- evidence from lesson observations
- evaluation of contributions of external partners
- feedback and evaluation by pupils
- scrutiny of assessment records
- sampling pupils' work and portfolios

Evaluation is the process that measures whether the lesson or unit of work is effective and worthwhile. The assessment of pupil learning will contribute to the lesson/unit evaluation. Evaluation is a means of improving provision and raising standards. It helps to identify issues for development and can prompt a review process and this may result in changes to the PSHE programme or policy.

Evaluation answers the questions:

- Has this lesson or unit enabled the pupils to learn what was intended?
- Does it meet the needs of the pupils?
- What do we think of it? (teachers, pupils and parents/carers)
- What are its strengths and areas for development?

- Do we need to modify it in any way to improve it?

### **11. Safeguarding and Child Protection**

PSHE plays a very important part in fulfilling the statutory duties all schools have to meet and the PSHE policy should be closely aligned to the school's safeguarding policy. PSHE helps pupils to know and understand how to keep themselves and others safe, make informed decisions and manage risk and equips them with the knowledge and skills to get help if they need it. When teaching any sensitive issue, pupils may give cause for concern, and a link needs to be made with the pastoral system and safeguarding arrangements. All adults involved in PSHE delivery need to be aware of the pastoral system and safeguarding arrangements in place.

### **12. Confidentiality in the context of PSHE lessons**

The nature of PSHE means that pupils may disclose personal information that staff will respond to appropriately. The classroom is never a confidential place to talk, and that remains true in PSHE. Pupils will be reminded that lessons are not a place to discuss their personal experiences and issues, or to ask others to do so, through the establishment of ground rules. Any visitor to the classroom will be bound by the school's policy on confidentiality, regardless of whether they have, or their organisation has, a different policy. We will make sure visitors are aware of this, and make sure there are enough opportunities for pupils to access confidential support after the lesson if they need it.

Any information disclosed to a staff member or other responsible adult, which causes concern about the pupil's safety, will be communicated to the designated person as soon as possible and always within 24 hours, in line with our safeguarding and child protection policy.

If a pupil tells a health professional, such as the school nurse, something personal on a one-to-one basis outside of the classroom, our school's Safeguarding policy will help us to decide whether that person can keep that information confidential, or whether they need to seek help, advice, or refer to someone else. We will also signpost pupils and their families, where appropriate, to on and offline community, health and counselling services so pupils know where to go for confidential help and advice.

Techniques used in school to minimise the chance of pupils making a disclosure in class include:

- depersonalising discussion
- puppets
- using role play to 'act out' scenarios
- appropriate DVDs and TV extracts
- case studies with invented characters
- visits to/from outside agencies

### **13. Liaison with other schools**

The school attends PSHE network meetings to ensure consistency and a sharing of good practice between schools. Where appropriate the school liaises with the local secondary schools to ensure successful progression from primary to secondary school.

### **14. Support**

We aim that all pupils will feel safe in the school environment to talk to any member of staff in confidence about any areas of concern regarding their personal, social and emotional development. We promote the school ethos as one of inclusion and acceptance throughout all areas of school activity and hope that pupils respond to this by feeling comfortable to ask questions and continue their learning both in and outside of the classroom.

The school runs parents'/carers' evenings or workshops outlining the safeguarding curriculum in school and the dates for these are shared with parents through the school website,

newsletter and letters. Parents/carers should contact class teachers, PSHE Leader, the Head Teacher (Safeguarding Lead) Mrs Longley or Mr Wright (Designated safeguarding deputy leads) for one-on-one support on providing effective PSHE at home, in writing, via email or via the telephone.

### **15. Complaints**

Parents/carers who have complaints or concerns regarding the PSHE provision should contact the school and follow the school's complaints policy, which is available on the school website or on request from the school office.

### **16. Liaison with local media**

Please contact the press and media office on: 0113 247 4713

### **17. Local support available to schools**

The Health and Wellbeing Service can offer support through training, bespoke lessons and in school advisory sessions.

#### **Training available:**

- PSHE and Healthy Schools network meeting
- Grief and Bereavement in Schools – everybody's business
- Growing up in a Social Media World
- Leading and Managing PSHE
- PSHE and Assessment
- Creative Approaches to PSHE
- Oh Lila – Primary Risk and Resilience and Drug Education
- Rory – Primary Alcohol Education
- Delivering DAT with Confidence
- Smoke Free Homes
- KS1 Drug Education - Nothing

Further information on the above training, as well as how to book, can be found at: [www.schoolwellbeing.co.uk](http://www.schoolwellbeing.co.uk) and [www.leedsforlearning.co.uk](http://www.leedsforlearning.co.uk)

#### **Bespoke primary PSHE lessons delivered in school:**

- Puberty and Conception
- Body Image
- Healthy Relationships - Social Media

For further information on the above bespoke sessions, please contact Emma Newton at: [emma.newton@leeds.gov.uk](mailto:emma.newton@leeds.gov.uk)

#### **In school advisory sessions:**

Primary PSHE: Helen Smithies – [helen.smithies@leeds.gov.uk](mailto:helen.smithies@leeds.gov.uk)

Primary PSHE: Gill Mullens – [gillian.mullens@leeds.gov.uk](mailto:gillian.mullens@leeds.gov.uk)

### **18. Local and national websites**

#### **Local sources of support:**

<https://www.schoolwellbeing.co.uk/>

[www.healthyschools.org.uk](http://www.healthyschools.org.uk)

<https://www.leeds.gov.uk/phrc>

<https://www.leeds.gov.uk/phrc/public-health-training>

<http://www.leedsiscb.org.uk/>

<https://www.themarketplaceleeds.org.uk/>

<http://www.leedsletschange.co.uk/>

<https://www.mindmate.org.uk/>

#### **National sources of support:**

<https://www.pshe-association.org.uk/>

<https://www.nhs.uk/change4life>

<https://www.nspcc.org.uk/>

<https://www.childline.org.uk>

<https://www.womensaid.org.uk/> <https://www.nat.org.uk/teachers-resources>

<http://www.childbereavementuk.org/>

<http://www.winstonswish.org.uk/>

## **Appendix 1 – Interactive teaching methods**

### ***Agony aunt/uncle/problem pages***

Small groups of three to four. Each group takes on the role of an agony aunt or uncle. The group is asked to respond to an imaginary problem or letter. Groups may wish to share their solutions.

### ***Buzz group***

Small groups of three to four. Groups are asked to discuss a dilemma or situation for a short, specified time, and then return to the large group to discuss ideas.

### ***Carousel***

Half the group forms a circle facing outwards. The other half forms another circle around them, facing inwards. Each person in the inner circle should face someone in the outer circle. Each pair can be asked to talk about an issue or dilemma. Partners can be changed with ease by one or another circle moving round one place.

### ***Circle time / Circle discussion***

Structured discussion where all participants sit in a circle – representing an inclusive and safe environment within which to discuss an issue or idea. Uses strategies such as silent statements (change places if you think that...), stem sentences (what I'm looking forward to most about becoming an adult is...), optional rounds (thumbs up if you'd like to say something about...) and open forum discussion.

### ***Consequences***

Each group considers the possible options and consequences of a situation. It is important to consider realistic consequences, both positive and negative.

### ***Continuum***

An imaginary line is drawn down the room. Pupils are told that one end of the line represents one extreme viewpoint, and the other end represents the opposite view. Statements relating to a particular issue are read out, and pupils stand along the continuum according to what they think. Pupils may discuss their view with someone else nearby, and/or with someone who has a different view.

### ***Corridor of conscience/conscience alley***

Class line up in two lines as 'corridor' through which individual walks down. Each pupil in the corridor shouts out suggestions/advice/feelings to the individual walking. Could be used to explore a moral dilemma, hot seat a book/film character etc.

### ***Data search***

Pupils search through a selection of resources to find out information and answers to questions. Pupils could devise their own questions or set questions for another group to answer.

### ***Debate - active***

Pupils have to decide to agree or disagree with a statement and move to the corresponding part of the room. They then discuss their opinion with other people in their group and decide upon the three main reasons why they have chosen to take that side; these are then shared with the class. Everyone is given an opportunity to change sides if convinced by the arguments of another group. Can be expanded into strongly agree, agree, disagree, strongly disagree. Consider use of online blogs, votes /and discussion forums.

### ***Debate - formal***

A motion is decided on for discussion. Two opposing views are then presented to the pupils with relevant information or supporting evidence. After a question-and-answer session and discussion, the group votes for or against the motion. Consider use of online blogs, votes /and discussion forums.

### ***Diamond 9***

Small groups are given prepared cards (nine or more), each with a statement relating to an issue for discussion, e.g. 'The qualities of a good friend'. Each group arranges nine cards in the shape of a diamond to represent their views on the relative importance of each statement. Pupils can also be given the opportunity to suggest their own statements for cards.

### ***Discussion***

In pairs, small groups, larger groups. Consider use of online blogs, votes /and discussion forums Drama / Role play/simulations Can be facilitated by theatre in education groups.

### ***Draw and write***

Pupils are asked to draw and/or write in response to a specific question, (e.g. in the box draw yourself showing how your body will change when you reach puberty. Write about these changes.) Can be used as needs assessment before a unit of work and/or assessment afterwards see 'Health for life' Nelson.

### ***Thornes envoys***

Various groups of pupils are formed, each with a different task or issue to discuss or research. After a given amount of time, a representative from each group goes to another group to relate the key points or findings to them.

### ***Film /TV***

For example, films or TV soaps with substance misuse storylines supported by follow-up discussion, hot-seating of characters.

### ***Fishbowl***

One group performs an activity while the others sit around them and observe. The audience may be asked to observe generally, or to look for specific things. They could have a checklist of things to look for.

### ***Graffiti boards***

Pupils are asked to write comments/opinions/facts onto a large piece of paper that can then be displayed. Alternatively, each person may be given a piece of card, which can then be part of a 'wall' to which they all contribute. Consider use of online blogs, votes /and discussion forums.

### ***Interactive ICT***

Educational software can be used. Pupils can also be given use of video recorders/digital cameras/computers to prepare presentations on a given topic.

### ***Literature***

Pupils' literature can be combined with techniques such as hot-seating of characters/ agony aunt letters.

### ***Matching***

This activity requires cards to be made up which can then be matched together by the pupils. For example, cards with the names of body parts may be matched to body functions.

### ***Media analysis***

For example, consider gender issues reported in newspapers, how different types of family groupings are portrayed in TV soaps. Consider use of range of video resources including those on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### ***Mind maps***

Write an issue, topic or problem in the middle of a page. Branch out from the centre with the main themes and continue to branch out the ideas as far as possible.

### ***Peer education***

Individuals of the same or similar ages act as educators or mentors, e.g. small groups could research different topics and then teach the other groups about their topic.

## **Puppets**

A distancing technique to use with younger pupils

## **Question boxes / Ask-it baskets**

Pupils write down questions, anonymously if preferred, and post them in a question box or ask-it basket. The teacher/nurse may choose to answer the questions in the next lesson/session having had time to consider appropriate responses. Consider use of online blogs, votes /and discussion forums.

## **Question display**

What questions do we want to find the answers to? Display the questions and refer to them as the questions are answered. Pupils to decide: How can we find out the information? How can we display the results? Consider use of online blogs, surveys, votes /and discussion forums.

## **Questionnaires / Quizzes**

Can be done individually, in pairs or small groups. Can be teacher/nurse led or researched and written by pupils for peers. Consider use of online blogs, surveys, votes /and discussion forums.

## **Role play**

Pupils take on the role of another person and act out a scenario. The audience can rewind the action, fast-forward, freeze-frame and explore different consequences and decisions. They can also 'spotlight' certain characters and question them in role. Rounds  
Everyone is given the opportunity to express a view or opinion about a particular situation. This works well at the beginning or end of sessions.

## **Sides**

Similar to the Continuum, except there is no middle ground.

## **Snowballing**

Everyone works alone for a few minutes, listing ideas related to a task. They then form pairs and share views. The pairs then double up and share their ideas.

## **Syndicates**

A type of role play where pupils formed into groups to represent a view, opinion or organisation. The group has to enter negotiations with another group representing a different view.

## **Tour**

Groups of pupils prepare visual material in the form of posters to display on the wall. They then tour the displays and discuss the materials.

## **Triad**

A pupil engages in an activity with another individual while a third observes, maybe writes notes, and gives feedback. Roles can then be changed.

## **Word storm / Thought shower**

Individuals offer spontaneous suggestions regarding any issue. This is a short, quick activity where suggestions are recorded, but not discussed or challenged. Recorded material can be used later.

*(From PSHE CPD Leads Handbook, March 2009)*