

Shine for Life - PSHE
(Personal, Social, Health and Economic Education)
Available via our school website

PSHE is a planned programme of learning opportunities and experiences that help children and young people grow and develop as individuals and as members of families and communities. It equips them with knowledge, understanding and practical skills, appropriate to their age, ability and maturity, in order to live healthy, safe, fulfilled and responsible lives.

PSHE also enables children and young people to reflect on and clarify their own values and attitudes, and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future. In short, PSHE makes a significant contribution to young people's personal, spiritual, moral, social and cultural development.
(National PSHE CPD Participant Handbook 2017)

At Southfield Park Primary School we believe that PSHE known as "Shine for Life" is an invaluable subject and is relevant particularly in the society in which we live today. PSHE is important because it enables children to celebrate their own and others' achievements and teaches and develops self-awareness and social skills. PSHE gives children the knowledge and skills they need to lead a healthy, safe and responsible life within the community, in their lives today and for their future.

The whole school community will:

- Place value on PSHE across the curriculum
- Incorporate PSHE enrichment activities into the curriculum
- Encourage healthy life styles including P.E.
- Promote healthy eating
- Promote wellbeing
- Employ a buddy system at playtimes
- Actively support a School Council
- Recognise the importance of our Anti-Bullying Ambassadors and our Anti-Bullying Partnership
- Promote global awareness
- Communicate with parents about PSHE policy and programmes of study

Teachers will aim:

- To provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community.
- To encourage pupils to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They 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.
- To help pupils 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 and learning.

Objectives/Pupil learning Outcomes:

Specialist Areas of PSHE: Relationships and Sex education, drug education, emotional health and wellbeing, staying safe including online safety and economic wellbeing and financial capability.

The PSHE programme will support the development of the skills, attitudes, values and patterns of behaviour, which enable pupils to:

- Have a sense of purpose
- Develop the ability to reflect upon situations and circumstances
- Assess risk and possible consequences
- Want the best for themselves and others
- Value and respect themselves and others
- Form happy, positive and healthy relationships
- Make and act on informed decisions
- Learn to work with others and communicate effectively
- Learn to look after themselves - keep a healthy body and mind
- Always try to do the right thing
- Respond to challenge and develop emotional resilience
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become physically and emotionally healthy and fulfilled individuals

How PSHE is organised at Southfield Park:

- PSHE is timetabled into weekly planning using our 'Shine for Life' scheme of work.
- Social and emotional aspects are taught through aspects of the SEAL programme. SEAL revisits the same topics with each year group ensuring continuity and progression.
- Assemblies also support the delivery of PSHE through planned themes and are used to launch specific themes, for example anti-bullying, road safety, Black History.
- PSHE is also taught through cross-curricular opportunities, for example parts of Relationships and Sex Education can be included within Science, Financial Capability within Maths and working collaboratively can be taught across the curriculum.
- In addition to this, we provide enrichment activities to support the curriculum such as Healthy Lifestyles through Sports Day.
- Our residential experiences make an important contribution to the pupils' personal, social and emotional development.

You will also find PSHE in:

- Weekly 'Thinking Time'
- Whole school events e.g. Cooking for the Community
- Class events e.g. Class assembly
- Learning from visitors e.g. School nurse, fire officers, parents
- Our school council
- Our Anti-Bullying Ambassadors
- Our Anti-Bullying Partnership
- Our Playground Buddies
- Our Coaching Crew
- Celebration assemblies - Bright Sparks
- Visits within the community
- Links with other schools
- Our support of charities. E.g. Save the Children, Epsom Food Bank.
- Relationship and Sex Education.

- Golden Books
- Golden Tickets
- Wow Wall
- Achievement Assemblies. E.g. sporting achievements, times table Olympics certificates and badges.

Parental Involvement:

The school believes that it is important to have the support of parents and the wider community for the PSHE programme. Parents are/will be given the opportunity to find out about and discuss the schools' programme through

- parent information leaflets
- parents evenings
- involvement in policy development
- involvement in curriculum development
- school displays
- the school website
- the school newsletter

Visiting Speakers:

Visiting speakers from the community, e.g. health promotion specialists, school/family planning nurses, community police and fire officers, make a valuable contribution to the PSHE programme. Their input is carefully planned and monitored so as to fit into and complement the programme. Teachers are always present during these sessions and remain responsible for the delivery of the PSHE programme.

Teaching and learning methods used in PSHE

Methods of approach:

A variety of teaching and learning strategies are used to deliver PSHE which take into account pupils' age, development, understanding and needs. Pupils will need to work in a safe, secure climate to be able to explore their own and others' attitudes, values and skills. Teachers and staff should be sensitive to family situations and backgrounds and give considerations to issues when planning the lessons.

Effective PSHE lessons will involve a high level of interaction where each pupil has planned opportunities for learning through:

- The development of a trusting relationship between the teacher and the pupils enabling the consideration of sensitive issues to take place
- Collaborative work
- Opportunities for reflection
- Challenge within a safe environment
- Respect for each genuinely made contribution
- Negotiation
- Accommodating new information and skills
- Building on current experience and use first-hand learning to achieve positive ends

Monitoring and evaluation:

The PSHE co-ordinator will monitor delivery of the scheme of work through lesson observations, monitoring of weekly and long-term planning and discussion with teaching staff to ensure consistent and coherent curriculum provision.

Evaluation of the programme's effectiveness will be conducted on the basis of:

- pupil and teacher evaluation of the content and learning processes
- staff meetings to review and share experience
- assessment of pupil learning objectives/outcomes

Links with other policies:

We recognise the clear link between PSHE and the following policies and staff are aware of the need to refer to these policies when appropriate

- Relationship and Sex Education
- Drug and Alcohol
- Teaching and Learning
- Child Protection and Safeguarding
- Anti-Bullying
- Special Educational Needs policy
- Positive behaviour management policy
- Disability, accessibility and equality policy
- Online safety policy

Recording and Reporting:

PSHE is included in the school report and a judgment on children's progress and effort shown is provided for parents/carers.

Training and support for staff:

All staff benefit from PSHE training in order to enhance their PSHE delivery skills. Opportunities are provided for staff to identify individual training needs on a yearly basis and relevant support is provided.

In addition to this, support for teaching and understanding PSHE issues is incorporated in our staff INSET programme, drawing on staff expertise and/or a range of external agencies.

Policy monitoring and review:

The PSHE leader monitors the effectiveness of this policy on a regular basis to ensure that it is effective.

Policy Agreed: October 2018

Policy Review: October 2021