



## BROUGHTON MANOR PREP SCHOOL

### PSHE POLICY

THIS POLICY IS REVIEWED ON AN ANNUAL BASIS

**Policy reviewed by:** Katy Joiner, Headmistress

**Review date:** 30/08/2024

**Submission:** 01/07/2023

**Version:** v7.0

**Policy actioned from:** 1<sup>st</sup> September 2024

**Next review date:** 31/08/2025

**Reviewer's Signature:**



Please note: 'School' refers to Broughton Manor Prep School; 'parents' refers to parents, guardians and carers. This is a whole school policy, which also applies to the Early Years Foundation Stage.



Personal, Social and Health Education (**PSHE/SRE**) enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. PSHE and Citizenship Education encompasses many of the elements of effective SMSC provision as well as contributing to personal development by equipping pupils with the attributes, knowledge and skills they need to support physical, mental and emotional wellbeing in school and beyond.

The aim of RSE is to provide children with age-appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health-related behaviour and relationships. This section shall have regard to guidance given under Section 80A of the Education Act 2002.

The school provides Relationships Education to all pupils from Reception through to Year 6 and is taught in conjunction with PSHE. The school provides age appropriate SRE to pupils in Year 5 & 6.

## **Aims**

We promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. Our PSHE curriculum gives our children the knowledge, understanding, attitudes and practical skills to know how to deal with the modern world and live safe, healthy and productive lives – ultimately, it is a way of helping our children to be happy and meet their full potential.

- To provide the knowledge and information to which all pupils are entitled
- To clarify/reinforce existing knowledge
- To raise pupils' self-esteem and confidence, especially in their relationships with others
- To help pupils' develop relevant skills (in language, decision making, assertiveness) and make the most of their abilities
- To provide the confidence to be participating members of society and to value themselves and others
- To help gain access to information and support
- To develop skills for a healthier, safer lifestyle
- To develop and use communication skills and assertiveness skills to cope with the influences of their peers and the media
- To respect and care for their bodies

- To be prepared for puberty and adulthood

The statutory guidance on safeguarding for children in schools and colleges requires us to 'ensure that children are taught about safeguarding, including online safety. Schools should consider this as part of providing a broad and balanced curriculum'. Our effective PSHE education supports safeguarding by delivering protective learning opportunities on a range of potential safeguarding issues.

To enhance curriculum coverage & provision through twice weekly sessions for KS2 and weekly for KS1.

### **Teaching**

1 weekly session using our newly developed curriculum content 'Jigsaw' program Jigsaw, the mindful approach to PSHE, is the winner of the Teach Primary Wellbeing Teaching Resource of the Year Award, 2022- see planning and curriculum files.

Our lessons are designed to develop the knowledge, skills and attributes children need to protect and enhance their wellbeing. Through these lessons, the children will learn how to stay safe and healthy, build and maintain successful relationships and become active citizens, responsibly participating in society around them. Our PSHE curriculum coverage is a vital tool in preparing the children for life in society now and in the future. Lessons in this scheme of work have their foundations in seeing each and everybody's value in society, from appreciation of others: British Values, to promoting strong and positive views of self in Think Positive and Be Yourself. The themes and topics support social, moral, spiritual and cultural development and provide the children with teaching on essential safeguarding issues, developing the knowledge of when and how children can ask for help. We cover a wide range of the social and emotional aspects of learning, enabling children to develop their identity and self-esteem as active, confident citizens.

PSHE units are designed for delivery in a creative manner, using many approaches such as role play, discussion and games in groupings of various sizes. These activities enable children to build confidence and resilience.

Resources are also provided for communicating with parents and carers about how and why each theme is covered and suggestions for extending the learning at home.

Details of curriculum overview can be found on our website:  
<https://bmprep.co.uk/curriculum/pshe-sre/>

### **Equal Opportunities**

We aim to help all our children develop their skills and abilities, intellectually, emotionally and socially. We are committed to providing teaching that makes learning challenging, engaging and enables our children to reach their potential.

We are fully committed to providing children who have English as an additional language with the necessary support and teaching.

All learners are entitled to experience a curriculum, which offers breadth of experience and balance of opportunities for learning, which acknowledges and builds on what has already been learned.

PSHE curriculum has many good examples of inclusion education, such as human rights, equal rights, gender equality, stereotyping etc. All pupils from all backgrounds can access this learning equally.

### **British Values**

British Values, to promote strong and positive views of self in Think Positive and Be Yourself. The themes and topics support social, moral, spiritual and cultural development and provide children with teaching on essential safeguarding issues, developing the knowledge of when and how children can ask for help.