

# Mithian School P.S.H.E. Policy (Personal Social, Health and Economic Education) incorporating SMSC and British Values



This policy links closely with school polices on:

- Drugs Education
- Relationships and Sex Education
- Science
- Collective Worship
- Behaviour
- Bullying
- Equal Opportunities
- Confidentiality Policy

At Mithian we are aware PSHE often tackles personal and sensitive issues, therefore teachers have great awareness of their cohort and class needs and use this alongside detailed thought and care when planning, adapting and delivering lessons. Additional support might be gained from the headteacher and/or outside agencies. We promote the needs of all pupils irrespective of gender, religion or age. Teaching will take into account the ability, age, readiness and cultural background of children to ensure that they can access the PSHE curriculum. We will ensure that pupils with SEND receive access to the PSHE curriculum best suited to their needs and stage of understanding. Through a detailed curriculum, children are taught about health and well being, relationships and living in the wider world. Fundamental British Values are fully integrated into the PSHE curriculum and lessons. In addition to this, they are modelled and discussed through assemblies. PSHE is taught within classes weekly to allow development of key vocabulary, knowledge and understanding.

## Aims

- To help raise the children’s self esteem and to help them develop a positive image of themselves including their own relationships, health and wellbeing and their awareness of individual liberty;
- To help children differentiate between right and wrong and to develop their ability to choose with moral responsibility and an awareness of democracy;
- To make children aware of the diverse world in which we live and to help them develop tolerance, respect and understanding of the differences between individual cultures and societies that live in Britain and the wider world as they understand their relationships;
- To develop knowledge of ‘the rule of law’, laws and rights and to foster a positive image towards these;
- To develop enquiring attitudes towards the structure of society and how individuals contribute to this and their own role within Britain;
- To develop skills of co-operation and communication enabling them to work towards a common good and to be aware of how their actions affect others;
- To provide information about what is good and what is harmful and help them to develop the skills to use this knowledge effectively – particularly with an awareness of their own health and wellbeing;
- To provide knowledge of the biological, emotional and social aspects of human development and to foster the kind of understanding necessary to lead a healthy, responsible and harmonious life;
- To help pupils feel responsible for their health related behaviour and be aware of the effect of their behaviour on others;
- To help our pupils develop into well rounded and morally responsible members of society with clear awareness of British Values and their own roles linking with living in the wider world.

## Content

PSHE (Personal, social, health and economic education) includes RSE (Relationships and Sex Education), SMSC (Spiritual, Moral, Social and Cultural Education) as well as British Values. It also links with Drugs Education, Science, Collective Worship and National Healthy Schools Status. PSHE content at Mithian is through a scheme of work using the Cornwall and Isles of Scilly PSHE Curriculum and the fundamental British Values as a basis.

The PSHE curriculum (following the Cornwall and Isles of Scilly PSHE curriculum plan) is divided into three core themes, which run throughout the key stages and is progressive so that children build on their knowledge, understanding and skills each year:

- 1. Health and Wellbeing** – including lessons on mental health, lessons on puberty and the changing body, dental health, benefits of keeping active and healthy eating
- 2. Relationships** – including lessons on respectful and healthy relationships – on and offline, kindness and sex education
- 3. Living in the Wider World** – including lessons on career planning, financial literacy and lessons exploring our rights and responsibilities

An overview of session headings for Y1-Y6 are shown below:

### **Instructional Planner**

Relationships, Health, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Welcome to School	People who care for us	Healthy Friendships	Our Health	We all have feelings	Managing our time safely online: Jessie & Friends 1 Watching videos
	Emergencies and getting help	Rights, Responsibilities and respect	Our bodies and boundaries – NSPCC PANTS	Healthy Food Choices	Good and not so good feelings	
<b>Year 2</b>	Respecting Uniqueness	Everyday Safety	Learning About Work	Sharing photos online: Jessie & Friends Sharing pictures 2	Jessie & Friends Playing games: 2	Keeping Our Teeth Clean
	Our communities	Basic First Aid	Horrible Hands	Online Interactions and information sharing: Jessie & Friends Playing games: 1	Big Feelings	
<b>Year 3</b>	World of Work	Road Safety	Physical Activity	The internet and everyday life. Turn off Let's Play	Expressing Feelings	Sun Safety
	Spending and Saving Money	Teamwork skills	Everyday drugs	Everyday feelings	Strategies to support wellbeing	
<b>Year 4</b>	What makes a good friend	Resolving conflict and managing pressure	Money choices	Safely enjoying the online world. Play, like, share 1 – Alfie	Play, like, share 3 – Fars	The environment
	Respecting Others	Everyday safety and basic First Aid	Volunteering and citizenship	Keeping personal information private. Play, like, share 2 – Magnus	Managing Feelings	
<b>Year 5</b>	A diverse community	Illness	Puberty 1 – bodies and reproduction	Online content	Mental health and keeping well	Risk & peer pressure
	Respectful relationships	Nutrition & healthy eating	Puberty 2 – body changes	Online contact	Managing challenge and change	
<b>Year 6</b>	Different types of families	Keeping your body safe 1	Spending decisions	Online friendships and keeping safe. Share Aware 1- Alex	Social Media	Changing schools
	Healthy / harmful relationships	Consent - Keeping your body safe 2	Exploring risk in relation to gambling	Skills for using the internet safely. Share Aware 2 – Lucy	Feelings and common anxieties when changing schools	

## Relationships and Sex Education

The content of the school's programme is based on Science areas of the national curriculum as well as The Relationships Education, Relationships and Sex Education, and Health Education (England) Regulations 2019 and provide that pupils receiving primary education must be taught Relationships Education and Health Education. The subjects of Relationships Education and RSE must be taught in all maintained schools, academies and independent schools.

The school will use the Cornwall and Isles of Scilly PSHE Curriculum, alongside the Science national curriculum, to deliver RSE lessons. The school recognises that RSE must be taught throughout the school and parents are made aware of when this will be happening.

The whole aspect is treated sympathetically and is not something that gives parents concern. There is a separate RSE policy.

### How will PSHE be delivered?

- Through the Cornwall and Isles of Scilly PSHE Curriculum.
- Taught throughout the school in every year group.
- Taught on a two year rolling programme ensuring all children have the content needed to progress (Y6 to be taught subject specific content prior to their transition to Secondary school).
- In a safe learning environment and be underpinned by our school ethos and values: EMERGE.
- Including opportunities for pupils to ask questions to further their understanding and to find out more about what affects them personally.
- Age-appropriately and meeting the needs of all pupils in the class including SEND pupils.
- Through sequenced lessons to reinforce learning and build on knowledge; however, staff will use the curriculum to meet the needs of our school and cohorts, adapting it as required.
- Taught weekly building on vocabulary, skills and knowledge progression.

Teachers and pupils will follow these protocols:

- No-one (teacher or pupil) will have to answer a personal question
- No-one will be forced to take part in a discussion
- The scientific names for body parts will be used – age appropriate
- Meanings of words will be explained in a sensible and factual, age appropriate way
- Teachers may use their discretion in responding to questions and may say that the appropriate person to answer that question is the parent or that the child will learn in more detail during later schooling

### Assessment

Teachers gather evidence for the teaching of SMSC and PSHE in a range of forms, including photographs, worksheets, school council minutes and assembly timetables. Assessment is made half termly by class teachers in line with the Cornwall and Isles of Scilly PSHE curriculum and national curriculum objectives.

Children will be rewarded in line with the school policy eg stickers for good behaviour / positive learning attitudes linked with our school ethos of EMERGE as a lifelong learner at Mithian (emotional intelligence, motivation, self efficacy, resilience, grit, enthusiasm) leading to a prize, certificates in the Achievement assembly etc.

### Parental and Community Involvement

Parents are invited to join in events in school. They are regularly informed of events and developments on the weekly newsletter and online portals such as Seesaw and Tapestry including Healthy Schools work and School Council achievements.

Working with parents is a vital part of the whole school approach to PSHE. Aspects of PSHE are included in our home-school agreement.

Wherever possible we will make links with local businesses, councillors, church, health workers, and emergency services to support the delivery of PSHE.

School Governors work closely with the PSHE lead and are involved in developments of the PSHE curriculum and its delivery. School Governors monitor PSHE as part of their routine monitoring.

Signed D Eva PSHE co-ordinator

Autumn 2021  
To be reviewed Autumn 2023