

Personal, Social and Health and Citizenship Education Policy

(Includes Sex and Relationship Policy)



Philosophy

At Hillside Junior School we believe that an effective Personal, Social and Health & Citizenship Education (P.S.H.C.E.) programme plays an essential role in developing a child's ability to make choices and adopt patterns of behaviour which will support their social, health and emotional well being.

Aims

PSHCE at Hillside Junior School aims to provide opportunities for pupils to develop the skills, knowledge and understanding they need to lead confident, healthy, independent lives and become informed and active citizens. The work aims to be delivered in an accepting and honest way, which enables young people to contribute. To provide a balanced and coherent programme as laid out in the scheme of work.

Objectives

- To develop social skills and awareness of their actions on others and respect for themselves, other people and respect for difference.
- To encourage pupil to develop an understanding of human growth and development, this will encourage them to adopt a healthy life style.
- To develop the pupil's ability to make informed choices and take responsibilities.
- To enable the pupil to feel able to discuss any problems without concerns.
- To encourage the pupil to take care of the environment.
- To help pupil to balance conflicting influences, such as family, peers, culture, community and media.
- To be aware of economic factors affecting their lives.
- To develop pupils' confidence and self esteem
- To develop pupils' knowledge and understanding about the services that are available.
- To provide opportunities for young people to develop effective, fulfilling relationships.
- To enable young people to understand the consequences of their decisions and actions
- To make pupils independent learners

Teaching Styles and Strategies

- Through the general ethos, atmosphere and relationships within the school.
- By the valuing of individuals, the practice of positive attitudes, the development of co-operation and helpfulness are all aspects of general school life, which contribute towards the promotion of self esteem, one of the most important pre-conditions for effective PHSCE.
- Through the physical environment and procedures of the school which are designed to promote health and safety as far as possible.
- Through the role models offered by adults at the school.
- Through the planned curriculum of the school, where PHSCE is identified in the planning and documentation.

It is provided both through:

- the topics studied in all years
- separate, discrete topics and events
- integration of life skills in Circle Time.

Cross Curricular Links

PHSCE has links with all areas of the curriculum and is delivered in separate lessons and as part of the creative curriculum.

Content

SEAL	Growing and changing
Healthy eating	Sex education (puberty, conception and birth)
Personal Hygiene	Lifestyles and cultures
Exercise	Drugs and medicines
Illness	Substance abuse
Environmental aspects	Family Life
Keeping safe	Bullying
Economic Factors	Citizenship
Media Influences	Dealing with Dilemmas

Equal Opportunities

To ensure all children access our PHSCE curriculum and to use a range of teaching strategies to allow for the different experience and abilities of the pupil.

Sex and Relationship Education

The sex and relationship education (SRE) at Hillside Junior School is an integral part of our PHSCE education and draws on DfES Sex and Relationship Education guidance 0116/200.

Sex and relationship education is lifelong information about physical, moral and emotional development. It is about the understanding of the importance of family life, relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health.

Sex and relationship education has three main elements:

Attitudes and values:

- Learning the importance of values and moral considerations
- Learning the value of family life and stable relationships for the nurture of children
- Learning the value of love, respect and care

Personal and social skills:

- Learning to manage emotions and relationships confidently and sensitively
- Developing empathy for others and self-respect
- Learning to make choices without prejudice
- Appreciating the consequences of choices made
- Managing conflict
- Recognising and avoiding exploitation and abuse

Knowledge and understanding:

- Learning about and understanding physical development at a level appropriate to the children's age and maturing
- Understanding human emotions and relationships

Content and Delivery

The Sex and Relationships education programme will be delivered through a planned programme of PHSE lessons and workshops, DVDs, role play, drama and the informal curriculum.

The programme of study will be delivered by teachers with support from appropriate outside agencies including the school Governor with responsibility for SRE. Any speakers or external visitors will be monitored whilst delivering a programme and a teacher will be present at all times in these lessons.

The content will include, the life processes common to humans and animals including nutrition, growth and reproduction as well as the main stages of the human life cycle. In years 5 & 6 the curriculum includes the changes both physical and emotional from the onset of puberty, peer pressure and media pressure, how a baby is conceived and born.

Sex and Relationship Education will be delivered in mixed gender groups. Ground rules will be established in the lessons so that an atmosphere is created where questions can be asked and answered without embarrassment and where confidentiality is ensured. All pupils are entitled to receive sex and relationship education and the programme of study specified within the science orders will be delivered through the science curriculum.

Working with parents

Hillside Junior School is committed to working with parents towards being a healthy school. Parents may opt to withdraw their children from sex and relationships education lessons. Parents will be given the opportunity to view the DVD that the children are shown as part of their SRE education in years 5 & 6 and to discuss the programme with the governor responsible for SRE.

Confidentiality

If a child discloses something that might be a child protection matter, it should be made clear that it may not be possible to maintain confidentiality if this would prejudice a child's welfare. Child protection procedures, see policy, should be instigated. Protecting the child must always take priority. The child should be assured that the matter will be disclosed only to the people that need to know about it.

How staff are trained.

Staff receive training on SRE in year group meetings and through peer observation, shadowing and team teaching.

Assessment, monitoring and review

The Upper and Lower teams will be responsible for monitoring the planning and delivery of the PHSCE curriculum during team meetings. Lessons are monitored as part of the assessment cycle of lesson observations and pupils are involved in monitoring PSHE through discussions.

Pupil's work in PSHCE is assessed in line with the PSHCE policy and school assessment policy.

Achievement in PSHCE is reported on in the full annual report to parents as part of the creative curriculum.

Success Criteria

Pupils will experience a wide range of opportunities to learn about themselves and others.

Pupil will be confident and caring with their relationships with others.

Pupil will have an understanding of problems within the environment and be able to act accordingly.

Pupil will be aware of how to promote their own health.

Pupil will have strategies to use when faced with difficult decisions

Pupils will be aware of their role and responsibilities as a citizen.

Pupils will be aware of changes in their bodies.

Pupils will know how babies are conceived and how they are born.

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