

PSHE & Citizenship Policy



Reviewed and Approved by:	Governing Body	
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Date for next Review:	February 2025	
Signed by:	Chair of Governors Kirsty Bull	Headteacher Jo Hall
Date:	February 2024	February 2024

Introduction

Saltergate schools is a caring community school that takes the view that it is everyone's responsibility to promote the personal and social development of all our pupils. We do this by providing a positive and supportive environment, one that is responsive to individual needs and encourages all to achieve well within the classroom and beyond.

Children are encouraged to develop understanding, take responsibility and develop caring attitudes towards each other and their surroundings. We welcome parents/carers and the wider community as active partners to promote the life skills needed to become a valuable member of a multi-cultural society.

Definitions

PSHE education in school reflects the schools aims and ethos at all times. We see PSHE education as the physical, emotional, social, health and spiritual well-being of everyone in a caring and safe environment where all are encouraged to feel good about themselves and have respect for each other.

PSHE education is a progressive and developmental programme of learning through which pupils acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of our whole-school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society and prepares pupils for the opportunities, responsibilities and experiences of life. We believe it is important to help children feel secure about the emotional and physical changes that take place as they grow and to develop the necessary skills and positive attitudes to develop supportive and meaningful relationships. PSHE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. Through Drugs Education, pupils are provided with opportunities to develop and appreciate the benefits of a healthy lifestyle.

Citizenship education helps to provide pupils with knowledge, skills and understanding to prepare them to play a full and active part in society. Citizenship enables pupils to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in and contribution to the life of the school and the wider community. In doing so, we help develop their sense of self-worth. We teach them how society is organised and governed, and how laws are made and upheld. We ensure that they experience the process of democracy in school through the School Council. We teach them about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multi-cultural society.

To achieve an effective whole school approach to pupil wellbeing there needs to be PSHE education. With PSHE education working together with pastoral care, the schools are not only keeping pupils safe and well, and supporting them when things go wrong, but are also equipping pupils to make positive choices to keep themselves and others safe and healthy, manage their own behaviour and relationships and to know and be able to independently

access the sources of support they need for themselves or when they are worried about a friend' (PSHE association)

Aims

What we will aim to achieve:

- To promote the importance of stable, loving and caring relationships.
- To develop an informal appreciation of peoples' beliefs, attitudes and values, also respecting others whilst challenging stereotypes.
- To create a safe, supportive environment where concerns can be discussed, questions asked and experiences shared.
- To help everyone feel confident about themselves by promoting self-esteem, self-respect and self-worth.
- To openly talk about mental health using appropriate language.
- To make PSHE Education a whole school responsibility. Working in collaboration with parents and the wider community.
- To develop skills such as the sharing of feelings and opinions, risk awareness, informed decisions, getting help, and understanding the needs of others.
- To provide accurate, balanced knowledge and understanding at the appropriate level in order to keep others and ourselves safe and healthy.
- To provide reassurance that the physical and emotional changes that take place as children grow towards adolescence and adulthood are normal and acceptable.
- To help children understand that they have to be aware of other children's life experiences outside school and approach these sensitively.
- To develop a sense of citizenship and understanding of how society helps individuals and the contributions that individuals can make to society.
- To encourage children to consider their attitudes and behaviour towards others both in school and in the wider community.
- To understand the importance of playing an active part in democratic processes.
- To negotiate, decide and take part responsibly both in school and community-based activities.
- To help parents understand the nature of healthy lifestyles and to develop their own skills as educators.
- To understand that actions have consequences and to be prepared to accept responsibility for those consequences.
- To develop an understanding of our own characters, strengths and weaknesses and make responsible use of our talents, rights and opportunities.

How our aims will be achieved:

Saltergate follow the NYCC PSHE and Citizenship Guidance 2019 for Key Stages 1 and 2 and this is adapted where appropriate to suit issues important to our local area e.g. positive and negative relationships, county lines, mental health and wellbeing. The Development Matters

document has been used to develop the provision within Discovery Learning and the Early Years Framework used to support the curriculum provided within Reception.

The PSHE Entitlement Framework is structured into five themes and we have an additional theme of 'Me and My Body' which allows us to ensure children are taught all the knowledge relevant to the RSE curriculum (alongside those taught within the existing 5 themes: specifically Keeping myself safe and Me and My Relationships):

- Becoming an Active Citizen
- Me and My Relationships
- Keeping Myself Safe
- My Healthy Lifestyle
- Me and My Future
- Me and my Body

By providing knowledge and understanding about physical, emotional, social, spiritual changes that occur as pupils grow towards puberty and adulthood (see schemes of work for PSHE education, Science, PE, RE, Computing, Design and Technology and Literacy).

- By ensuring that all pupils are taught and understand PSHE specific vocabulary.
- By developing an awareness of the effects of people's actions and an acceptance of responsibility for their own actions.
- By offering a range of learning styles and experiences in order to provide and practise decision making techniques and to develop problem solving and interpersonal and communication skills (refer to PSHE scheme of work, Literacy, Numeracy and PE).
- By ensuring all pupils have equal access to the whole curriculum (Equal Opportunities Policy, Inclusion Policy, PSHE Policy).
- By acknowledging behaviour, academic and social achievement through a reward system, including valuing contributions and praising achievements (Achievement Assemblies, Displays around school, Saltergram and Gold Award Certificates).
- By providing information about how the body works and the effects on it, healthy lifestyles, dangerous substances, health and safety (see schemes of work for PSHE, Science, PE).
- By providing pastoral support to pupils and appropriately liaise with parents and other outside agencies (workshops for staff/governors/parents, Healthy Child Team, Compass Buzz).
- By creating opportunities for pupils to talk and reflect on their own attitudes and values and those of others
- By identifying named people to oversee aspects for PSHE, (PSHE Coordinator/Safeguarding).
- By offering role models that value caring relationships and healthy lifestyles (No Smoking Policy, Parent/Teacher/Pupil Interaction).
- By identifying and meeting the professional development needs of all staff with a shared understanding about appropriate confidentiality (Performance Management, role of subject coordinators).
- By encouraging Parental Involvement to develop understanding and support (Home School Support Advisor).

PSHE will be taught through all lessons however from time to time the need for specific lessons may occur. PSHE specific vocabulary will be introduced and discussed with pupils.

Physical Health and Mental Well Being

By the end of Primary School pupils should:

- Know that mental wellbeing is a normal part of daily life, in the same way as physical health (Our new Mental Health Ambassadors support programme strengthens this ethos).
- That there is a normal range of emotions (e.g happiness, sadness, anger, fear, surprise, nervousness) and a scale of emotions that all humans experience in relation to different experiences and situations and have tools to deal with extreme emotions.

Golden Rules and The 5Rs

In EYFS and Key Stage 1 children follow the golden rules:

I will listen carefully; I will work hard; I will use friendly words; I will have kind hands and feet; and I will look after our school and everyone in it.

Key Stage 2 we use the 5R'S in all classes in school to encourage and motivate the children and to develop their own growth mind-set.

The 5R's are: Responsible, Resilience, Resourceful, Reflective, and Respectful

British Values

Schools are required to teach British values as part of their responsibility for promoting the Spiritual, Moral, Social and Cultural (SMSC) development of their pupils. In doing this they can also show that they are 'actively promoting fundamental British Values'.

At the heart of these values, lie good relationships in which teachers and students work together towards common goals.

The British Values are defined as:

- **Democracy**
- **The Rule of Law**
- **Individual Liberty**
- **Mutual Respect**
- **Tolerance of those with Different Faiths and Beliefs**

British Values are taught across the curriculum in all classes and through a variety of whole school activities:

- Positive relationships with adults in school and in the wider community.
- Pupil voice contributing to decisions.
- School Council.
- Special assemblies focussing on different values led by the children.

- Whole school assemblies.
- Display in the common areas, identifying how children have demonstrated their understanding of British values.
- Behaviour policy.
- Participation in school and wider community events.

PSHE Coordinator

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