

Saltergate Schools

PSHE and Citizenship Policy



Reviewed and Approved by:	Teaching and Learning Committee	
Date Adopted	November 2022	
Date for next Review:	November 2023	
Signed by Name Printed:	Chair of Governors Mark Walker	Headteacher Jo Hall
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Date:	November 2022	November 2022

Introduction

Saltergate Infant and Junior Schools are caring community schools which take 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 want PSHE education to address 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 at Saltergate 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 form 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 contribute 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 and class votes. 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 appreciation of peoples' beliefs, attitudes and values, 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 decision making, asking for help, and understanding the needs of others.
- To provide accurate, balanced knowledge and understanding at the appropriate level so that children can keep others and themselves 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 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 follows the NYCC PSHE and Citizenship Guidance 2019

The Entitlement Framework for Key Stages 1 and 2 is structured into five themes:

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

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 (Assemblies, displays around school, certificates, golden tickets and postcards).
- 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 liaising 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 (Family Link Workers).

PSHE will be taught through all lessons, however the need for specific lessons is recognised. 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 health is a vital part of daily life, in the same way as physical health

- 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.

The 5Rs

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

The 5R's are: Responsible, Resilient, 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 British Values'.

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

The British Values are defined as:

- **Democracy**
- **The Rule of Law**
- **Individual Liberty**
- **Mutual Respect for and Tolerance of those with Different Faiths and Beliefs and for those without faith**

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 led by the children
- Whole school and Key Stage assemblies
- Displays and resources around school
- Positive Behaviour policy
- Participation in school and wider community events.

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