



St John's RC School

PSHE Policy

Signed by..... Position

Date of policy review: June 2019

Next review due: June 2021

Introduction

PSHE is the study of Personal, Health and Social Education and includes citizenship and work around relationships and sex. Along with communication PSHE is at the heart of all we do at St. John's School. Our aim is to enable our pupils to reflect on their experiences and understand how they are developing personally and socially. We hope their PSHE curriculum will provide a basis for our pupils within which they can grow in confidence as people and become informed, thoughtful, responsible, healthy and safe members of society.

Aims

It is our hope that through this curriculum, our pupils will;

- ❖ Develop a secure sense of identity including fostering positive self-esteem and self-image.
- ❖ Be able to form positive relationships including the development of social skills and interactions with others.
- ❖ Have the confidence to express, listen and think about their feelings.
- ❖ Be able to ask for help and support.
- ❖ Be able to make positive health and lifestyle choices.
- ❖ Try and make informed choices about their behaviour and learning.

Formal PSHE sessions are delivered using an overarching overview for the school. The school year is divided into 12 key learning questions that are approached by all pupils. Underpinning these 12 questions is a wide selection of specific topics. These learning questions allow staff to tailor the content of the sessions for the individual learners in their group whilst ensuring that the pupils have access to a wide breadth of topics that are revisited and developed during their school learning journey.

The 12 key learning questions are:

- How can I help my local community?
- How do I keep myself clean?
- How do I deal with negative or dangerous situations?
- How can I take care of the environment?
- How do I behave with different people?
- How can I keep fit and healthy?
- What would I like to be in the future?
- What do I do with money?
- How do we change as we grow?

- What are my rights and responsibilities?
- How am I the same and different from my friends?
- How do I deal with conflict?

Please see overview for further detail.

PSHE is a major part of our day to day school life as well as being taught in discrete lessons. It is modeled in the interactions between staff and pupils and through the development of self-help and independence skills during transition times and break times. We are fortunate at St. John's to have a Mentoring Team. These highly skilled staff are able to support the delivery of the PSHE curriculum as well as offer small group or 1:1 mentoring support to pupils covering a wide range of issues.

In addition, assemblies may cover a range of issues and subjects relating to PSHE and pupil's achievements are celebrated as a school community. The school also takes part in raising awareness of specific PSHE topics through the use of stand-alone days such as anti-bullying week and e-safety week and through fundraising projects.

Health and safety underpins all that we do at the school. All PSHE lessons are taught following our health and safety policy. Also, within PSHE lessons and across the running of the school day, pupils are taught how to keep themselves well and safe.

Created, July 2016

Date for review: Summer Term 2021