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## EUROPA SCHOOL PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE) POLICY

Version and Date		Action/Notes
V1	April 2019	
V2	July 2020	Updated for Academic Year 2020-21
Review Date Sept 2021		

Europa School UK is committed to safeguarding and promoting the welfare of young people and all staff and volunteers. This policy should be read in conjunction with the Europa Relationships and Sex Education Policy.

### • Rationale

- Personal, Social and Health Education (PSHE) endeavours to help pupils to lead confident, healthy and responsible lives as individuals and members of society.
- Through work in lessons and a range of activities across and beyond the curriculum, pupils gain practical knowledge and skills to help them live healthily and deal with the spiritual, moral, social and cultural issues they may face as they approach adulthood.
- PSHE gives pupils opportunities to reflect on their experiences and how they are developing. It helps them to understand and manage responsibly a wider range of relationships as they mature and to show respect for the diversity of and differences between people.
- It also develops pupils' well-being and self-esteem encouraging belief in their ability to succeed and enabling them to take responsibility for their learning and future choice of courses and career.
- PSHE at Key Stage 3 and 4 builds on the pupils' own experiences and work done in Key Stage 1 and 2. It also compliments Life lessons on the school curriculum covering areas such as issues in politics, the law, family, the environment, relationships, British/European Values, e-safety, self-awareness and the media.

- **Aims of the PSHE Programme**

- To enable all pupils to develop as fully as possible their interests, abilities and aptitudes and to make additional provision for those who are in any way disadvantaged.
- To allow pupils to develop lively, enquiring minds so that they can be capable of independent thought and formulate their own opinions.
- To experience enjoyment of learning so that they may be encouraged to take advantage of educational opportunities later in life.
- To develop appropriate skills in literacy and numeracy.
- To develop programmes of study and experiences which will enhance pupils' self-respect and confidence and encourage them to take responsibility for themselves and their actions.
- To provide pupils with the necessary skills to respond effectively to social, economic and political changes as well as changing patterns of work.
- To develop social skills that are necessary to work successfully with other people both inside and outside of the school environment.
- To equip pupils for their adult roles in society and help them to understand the responsibilities of being parents, citizens and consumers.
- To encourage appreciation of, and concern for, the environment.
- To develop interests and skills that will continue to give personal satisfaction in the use of leisure time.
- To establish partnerships between the school and the community it serves and help to develop an understanding of the wider community and the ways in which individuals and school relate.
- To develop a curriculum which enhances pupil's knowledge and experience and allows them to learn about themselves and the society in which they live, through a variety of social and moral issues.
- To provide pupils with the experience of school as a caring, supportive community where life is enjoyable and there is equal provision of opportunity, regardless of gender, race, culture or ability.
- To enable pupils to make informed choices when considering the development of a healthy and safer lifestyle.
- to give students the confidence to discuss difficult issues by encouraging non-judgemental participation by students and staff

- **The Context of the PSHE Curriculum**

- PSHE cannot always be confined to specific timetabled time.
- At Europa PSHE is delivered within a whole school approach which includes:
  - Teaching PSHE through and in other subject/curriculum areas.
  - Through PSHE activities and school focus days or events.
  - Through pastoral care and guidance.

## **PSHE Through Other Subject/Curriculum Areas**

Provision for some aspects of PSHE is made through other subject areas including Religion and Ethics. Additionally, other curriculum subjects have opportunities to make links with the PSHE Framework through their programme of study.

- English – skills in enquiry and communication, use of resources, discussion and presentation of arguments, texts with personal, health and relationship issues.
- Maths – aspects of financial capability
- Science – teaching and learning on health, drugs (including medicines), sex education and safety.
- Food and Nutrition – health, safety and hygiene issues, the consideration of social, moral and cultural dilemmas associated with the global environmental impact of products.
- ICT – finding ICT based information, handling data, email for communication and exchange of ideas.
- Computing – considering the ethical impact of the use of computers on our lives; looking at the impact of legislation such as the Data Protection Act and IP
- Economics - developing pupils' understanding of the world of work and their role as consumers and aspects of financial capability; looking at the ethical nature of businesses, balance profit against morals; impact of employment legislation
- History – ideas, beliefs, attitudes and experiences of people from the past, issues of cultural diversity including Britishness/European Dimension & Democracy.
- Geography – implications of sustainable development for pupils' own life, study of cultural differences, skills of geographical enquiry including communication.
- Modern Foreign Languages – communication in the target language and learning about culture, customs and beliefs, exchange visits and host visits.
- Art and Design – respect of the differences between people through an investigation of artists, craftspeople and designers from Europe and the rest of the world.
- Music – making the most of abilities and working with others when playing or singing, issues of cultural diversity, their value and expression.
- Physical Education – teaching and learning about health, safety and fitness, development of cooperation and commitment, teamwork. Inter school competition.
- Philosophy/Ethics – issues of political and social policy, diversity, equality and racism.
- Religious Studies - religious and moral beliefs, values and practices that underpin and influence personal and social issues and relationships.

## **PSHE Activities and School Events**

At Europa School students in years S1-S5 will have PSHE delivered through Relationships and Sexual Education Lessons and focus days/half days and single lessons during the course of the school year. This will sometimes be determined by the availability of outside agencies. Aspects covered will include relationships and wellbeing, sex education, smoking, alcohol and drugs awareness (personal well-being) as well as careers, enterprise and work-related learning. Students have access to a range of services and activities which are designed to support their personal, social, health and

emotional wellbeing and motivate them to achieve their full potential. Students may self-refer to these services and activities or may be referred by a member of staff.

## **Pastoral Care and Guidance**

### **Delivery – Who and How?**

Aspects of PSHE could be delivered by staff during lessons and specifically by outside agencies who are specialists in their particular field. The specialists will include Health Professionals, Police, Fire Brigade, Politicians, Magistrates, Theatre Groups and Lancashire Young Peoples Services.

Good teaching will use a variety of methods during lessons and across various units of work. All staff are encouraged to use a variety of flexible, active learning methods:

- Stating what is to be learnt and what the teacher is looking for (Walt/Wilf).
- Good questioning skills.
- Ground rules.
- Working together.
- Understanding another point of view.
- Reflection, review and evaluation.
- Role play.
- Discussion and debate.
- Voting.

Every effort will be made by all staff to include all pupils in every lesson regardless of ability. Teachers will use a variety of techniques to include all pupils and every effort will be made to adapt each lesson to include pupils with differing learning styles.

### **Answering Difficult Questions**

Teachers will be careful to ensure that their personal beliefs and attitudes do not influence the teaching of PSHE.

No teacher or pupil will be expected to answer personal questions.

No one will be forced to take part in a discussion. The meaning of words will be explained in a sensible and factual manner.

### **Assessment**

Assessment will take place in the classroom as is appropriate to the task being undertaken. In oral work or role play this may be simply an observation of the learning outcome. In some cases, there may be written evidence. Self and Peer assessment will be actively encouraged, and pupils allowed time to reflect on their progress and achievement.

## **Current PSHE Programme:**

### **Primary – currently undergoing review of PSHE**

**All primary:** *Whole School Approach to Relationships* WSAR group (includes teachers, TA's, pastoral staff, SENCo, Parents incl a Clinical Psych) meet to put in place core values of the school that are presented to the children and to look at PSHE in school. Various projects have been put into place, and continue to be, to encourage positive behaviour and relationships in lesson time and playtime, as well as healthy wellbeing. These have also been published to parents.

School is currently looking into a new PSHE programme and a Resilience programme discussed with our LA Ed Psych. ELSA can deliver this as well as training for other staff.

**All Primary** NSPCC Underwear assembly and workshop for 5 & 6 (once every 2 yrs)

**Yr 5 & 6** have a programme by Oxford Health NHS on Puberty, Changes and 'Underwear rule'

**Yr 6** have a PTA funded Internet Safety session and transition afternoon for secondary

### **Secondary – currently undergoing review of PSHE**

**S1** Pastoral team conduct assemblies to promote social and friendship skills as well as transition support.

#### **S2 Internet safety session**

#### **S3**

- Police Community Officers present a sexting and social media safety session.
- School Health Nurse holds Sex Ed session.
- The Training Effect holds Drugs and Alcohol awareness and Risk taking and Mental health awareness.

**S4** Exam Stress session (compiled by CAMHS, presented by pastoral)

**S5** Exam Stress session (compiled by CAMHS, presented by pastoral)

**S6** Exam Stress session (compiled by CAMHS, presented by pastoral)

**S7** Exam Stress session (compiled by CAMHS, presented by pastoral)