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**Preston Grange Primary School**

**PSHE Policy**

**June 2016**

At Preston Grange Primary, the PSHE programme of study brings together citizenship with personal well-being through a values-based education.

It is intended to support a coherent whole-school approach to personal, social, health and economic well-being (PSHE). Our curriculum provides a context for school to fulfil our responsibilities to: promote the physical, social and emotional well-being of pupils;provide sex and relationships education; promote community cohesion; achieve the aims of the wider curriculum.

(See the SRE Policy for further details of how we meet this responsibility.)

PSHE also provides school with an opportunity to focus on the delivery of social and emotional aspects of learning (SEAL). Through PSHE, we endeavour to foster the notions of responsibility and empowerment to promote a sense of achievement and to enhance self-confidence. PSHE education is guided by our core school values:

* Respect
* Responsibility
* Understanding
* Forgiveness
* Hope
* Courage
* Aspiration
* Honesty
* Peace
* Appreciation
* Thoughtfulness
* Generosity

**Aims**:

PSHE education at Preston Grange Primary School aims:

• To give pupils the knowledge and develop the self esteem, confidence and self-awareness to make informed choices and decisions;

• To encourage and support the development of social skills and social awareness;

• To enable pupils to make sense of their own personal and social experiences;

• To promote responsible attitudes towards the maintenance of good physical and mental health, supported by a safe and healthy lifestyle;

• To enable effective interpersonal relationships and develop a caring attitude towards others;

• To encourage a caring attitude towards and responsibility for the environment;

• To help our pupils understand and manage their feelings;

• To understand how society works and the rights and responsibilities involved.

**Teaching and Learning**:

At Preston Grange we teach PSHE (Personal Social and Health Education) across school through sessions on a Friday called 'Castle time'. The curriculum for PSHE includes the following content

* SEAL (a structured whole-curriculum framework for developing children’s social, emotional and behavioural skills) SEAL covers the themes of: New beginnings, Getting on & falling out, Going for Goals, Good to be me, Relationships, Changes​.
* Healthy living and healthy lifestyles
* SRE (Sex Relationships Education)
* Anti bullying
* Anti racism
* Charity days
* Our school values

Generally PSHE is delivered through mixed age 'castles' on Friday afternoons, but sometimes the PSHE curriculum is delivered in classes to allow in depth, age specific issues and topics to be raised and discussed. PSHE is at the centre of all we do. As a result of this we are committed to dealing with issues as they occur, this allows us to support our pupils on a needs basis and ensures we have an ongoing ‘golden thread’ of PSH education throughout our wider curriculum.

We aim to offer a range of learning opportunities that support our pupils in their development of a wide range of skills.

**Intrapersonal** – skills for self management including self-reflection, setting personal goals and self-regulation and managing strong emotions.

**Interpersonal** – skills of active listening, empathy towards others, teamwork and negotiation and effective communication.

**Enquiry** – skills of asking questions, planning and making decisions, making and defending conclusions and reviewing personal progress.

**Assessment and Reporting:**

Assessment is done informally at the end of SEAL theme. Pupils self assess and reflect on how they feel they developed their understanding in a particular area. Teachers use snapshots of these assessments to build a bigger picture in their castle scrap books. Pupils are given the opportunity to give feedback on their lessons to allow the PSHE lead to develop the curriculum further and to cater for the specific needs of our pupils. PSHE is commented on formally in annual end of year reports of pupil progress.

**Monitoring and Review:**

The Head Teacher and PSHE Co-ordinator support colleagues in the teaching of PSHE by giving information about current developments in the subject and by providing a strategic lead and direction for the subject in school.

All staff are responsible for evaluating strengths and weaknesses in the subject and indicating areas for further improvement.

Policy adopted: June 2016

Review date: June 2018