

Witchampton C of E First School

PSHE and Relationship Education Policy

September 2020

This policy outlines the purpose and management of the PSHE and RSE taught and learned at Witchampton C of E First School. The school policy reflects the consensus of opinion of the teaching staff. The implementation of this policy is the responsibility of all the teaching staff.

Aims and Key Principles

Our Christian vision and values underpin our ethos; every child is valued and encouraged to achieve their full potential.

Live a life of love, just as Jesus loved us. Ephesians 5 verse 2.

‘Small school, big Heart - making a difference. Our school provides the Christian foundation for children to grow and flourish, whilst inspiring ambition. Everyone is a valued member of the school family which empowers them to achieve their very best. Our nurturing environment ensures each child becomes a confident and curious life-long learner. Our Christian values enable us to inspire others, build courage and show respect - all through love’

At Witchampton C of E First School, everyone will be treated with dignity as all people who are made in the image of God and are loved equally by God. Every member of our school community is encouraged to respect and value each other. Wherever possible we make close links between our values, worship and PSHE curriculum.

Personal, social, health and economic education (PSHE) are an important and necessary part of all pupils' education. Through a planned programme of learning, we aim to provide our pupils with the knowledge, understanding and skills that they need in order to manage their lives both now and in the future. As part of a whole school approach, we aim to develop the attributes our pupils need to thrive as individuals, as part of a family and as a confident member of the wider community.

Our school is committed to serving its community and surrounding areas. We recognise the multicultural, multi faith and ever-changing nature of the United Kingdom, and therefore those we serve. We also understand the vital role we have in ensuring that groups or individuals within the school are not subjected to intimidation or radicalization by those wishing to unduly, or illegally influence them. At our school, we embrace the British Values of: Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those of different faiths and beliefs.

We want our children to learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

Defining Relationships Education

Relationships Education is learning about how to:

be appreciative of existing relationships;

form new healthy friendships; and

enjoy strong positive, caring, relationships with good boundaries, online and in person.

This will particularly refer to family relationships (including marriage), friendships and relationships with peers and adults.

Pupil Learning Outcomes

We want our children to develop self-awareness, positive self-esteem and confidence, enabling them to:

- Have a sense of purpose
- Value self and others
- Form healthy and positive relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

Curriculum Content

PSHE (which includes Relationships Education) is taught weekly through a planned programme of work that follows the HeartSmartresource..

What is HeartSmart?

HeartSmart is used to enrich our delivery of PSHE. The program aims to build resilience, strengthen emotional intelligence and develop active empathy. Fundamentally, it teaches our children to love and accept themselves as well as loving and respecting each other. Boris the HeartSmart robot provides a fun and interactive way to explore their hearts - as their heart is the thing that makes each child unique.

The HeartSmart High5

HeartSmart has five key principles that the children revisit and build on each year:

- 1) Don't Forget to Let Love in! - I am special.
- 2) Too Much Selfie isn't Healthy! - I love others.
- 3) Don't Rub it in, Rub it Out! - I am a good friend.
- 4) Fake is a Mistake! - I tell the truth.
- 5) 'No Way Through' isn't True! - I can do it.

These five phrases form the theme for each half-term. For children in Reception, the lesson plans clearly identify the Early Learning Goal (ELG) and the Development Matters strands that will be that session's focus. Every plan has child-initiated and Adult-led activity ideas for both the indoor and outdoor learning environment.

HeartSmart Content

HeartSmart covers all areas of PSHE for the primary phase, as the table below shows:

Term	Key Principle	Content
Autumn 1:	Intro: Get Into HeartSmart	Learn what it is to be HeartSmart and how we can Power ON to love ourselves and others well.
Autumn 2:	Don't Forget to Let Love In	Learning how important, valued and loved we are.
Spring 1:	Too Much Selfie Isn't Healthy	Exploring the importance of others and how to love them well.
Spring 2:	Don't Rub It In, Rub It Out	Understanding how to process negative emotion and choose forgiveness to restore relationships.
Summer 1:	Fake Is A Mistake	Unpacking how to bravely communicate truth and be proud of who we are.
Summer 2:	'No Way Through' Isn't True	Knowing there is a way through every situation, no matter how impossible it may seem.

Opportunities for linking aspects of PSHE will also be identified and developed by class teachers through our thematic based curriculum. We also aim to cover aspects of PSHE through special theme days and weeks e.g. Healthy Living week.

Teaching and Learning

In line with our Teaching and Learning Policy, a range of teaching strategies will be used to ensure that learning is purposeful, active and exciting. HeartSmart is written as a universal core curriculum provision for all children. Inclusivity is part of its philosophy. All pupils will work within a safe, secure climate to be able to explore their own and others' attitudes, values and skills. Lessons will involve a high level of interaction where each pupil has planned opportunities for learning which will give them scope to work to their full potential.

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital to successful and effective teaching and learning within this subject. Each class will establish ground rules based on the following:

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive

Weekly HeartSmart learning happens in Reception once the children have settled in and links are made with other learning opportunities for personal, social and emotional development. In KS1 and KS2, PSHE lessons are part of the weekly timetable. Learning opportunities are developed across the curriculum and specific

events and activities are to be planned into the school year to enrich learning. Teachers will choose the method most appropriate for their whole class to meet the objectives of the lesson. All classes have dedicated time to promote and discuss issues within PSHE and citizenship.

Where possible as a school we try to develop our PSHE ethos to many aspects of school life. "Respect" is one of our core values (WOWS). We aim to put this into practice by valuing the opinions and ideas of our pupils. We try to involve our pupils in new initiatives that have strong PSHE links. Where appropriate some classes use worry boxes to encourage children to voice their concerns. Our school council and worship team are also very much involved in collecting opinions and feeding back ideas on how we can improve our school and aspects of school life.

Relationships and Sex Education (RSE)

Please see separate Wimborne Academy Trust RSE Policy.

HeartSmart RSE Content

Please see separate PDF for specific RSE learning intentions for each year group taken from the HeartSmart scheme of learning.

Parental and Community Involvement

Parents are invited to join in events in school. Parents are regularly informed of events and developments on the website and school newsletter.

Working with parents is a vital part of the whole school approach to PSHE. Aspects of it are included in our home-school agreement.

We also have a very close relationship with our Church. Reverend Suzie and her team support the school weekly by delivering enrichment activities and Worship is led by the Church community every Wednesday. We aim to involve outside agencies, including NSPCC, School Liaison Police Officer, school nurse, e-safety advisors, fire services to deliver aspects of the PSHE curriculum where possible.

Monitoring and Evaluation

The PSHE subject leader monitors the delivery of PSHE through observation and discussion with teaching staff to ensure consistent and coherent curriculum provision. Evaluation will be based on:

- Pupil and teacher evaluation of the content and learning processes
- Staff meetings to review and share ideas

Links with Other Policies

We recognise the clear link between PSHE and citizenship and the following policies and staff are aware of the need to refer to these policies when appropriate

- Behaviour Policy
- The Equality Policy
- Accessibility Plan
- Acceptable use and E-Safety Policy
- Intimate Care Policy

- RE Policy
- Safeguarding Children Policy
- SEND Policy
- Learning and Teaching Policy

Confidentiality and Child Protection Issues

As a general rule a child's confidentiality is maintained by the teacher or member of staff concerned. If this person believes that the child is at risk or in danger, she/he talks to the designated safeguarding lead who takes action as laid down in the Safeguarding Children Policy. All staff members are familiar with the policy and know the identity of the member of staff with responsibility for Child Protection issues. The child concerned will be informed that confidentiality is being breached and reasons why. The child will be supported by the teacher throughout the process.

Witchampton First School is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. The Safeguarding Children Policy and procedures are available on our website and provide comprehensive information regarding all forms of child exploitation.