



Personal, Social & Health Education (PSHE) Policy

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

3 John 1:2

Saint John Wall Catholic School
A Catholic School For All
Personal, Social & Health Education (PSHE) Policy

What is PSHE education?

Personal, Social & Health and Economic Education (PSHE education) is defined as:

‘...a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives. As part of a whole school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.’ PSHE Association¹

PSHE education offers pupils significant opportunities to develop the knowledge, skills and understanding they need to achieve, to be resilient and lead safe, confident, happy, healthy, responsible and independent lives. It aims to help the pupils to understand how they are developing personally, socially and emotionally and explore a range of attitudes and values. PSHE education provides pupils with a safe learning environment to practice and develop the skills necessary to manage the moral, social and cultural challenges and responsibilities that are part of growing up and living in the world.

The programme of study for PSHE education includes topics such as: bullying, citizenship, Cultural diversity, drug and alcohol education, healthy eating, physical activity, social and emotional health, wellbeing, sex and relationships, careers education, economic education, financial capability and prevent awareness.

PSHE education is a planned programme of learning through which pupils acquire the knowledge, understanding and skills they need to manage their lives. As part of a whole school approach, PSHE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

PSHE is delivered through form time activities, subjects and Values@ days.

PSHE covers three themes

- Health and Wellbeing
- Relationships
- Living in the Wider world

The aims of the PSHE Programme of Study

- **Identity** - developing sense of who I am, where I come from, personal qualities,
- **Attitudes** - skills, attributes and achievements and what influences these
- **Relationships** - including different types and in different settings
- **Health and wellbeing** - including physical, emotional and social and balance related to relationships, work-life, diet, exercise and rest, spending and saving
- **Risk and safety** - managing rather than avoiding risk, keeping safe by making Positive choices, managing behaviours in a range of settings
- **Diversity and equality** - in all its forms and particularly related to the Equality Act 'Protected groups' – age, sex, sexual orientation, gender identity, disability, ethnicity, religion and belief, marriage and civil partnership, pregnancy and maternity
- **Rights, responsibilities and consent** - related to self and others and including participation, fairness and justice
- **Change and resilience** - the skills, strategies and 'inner resources' we can draw on to manage challenging change or deal with difficult circumstances and our own mental health
- **Power** - how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes
- **Economic wellbeing** - including aspirations, career, enterprise, economic understanding and financial capability.

Delivery of PSHE

Key Stage 3 and Key Stage 4

St John Wall catholic school provide discrete PSHE education sessions. These include:

- learning opportunities in other curriculum subjects (PSHE education provision integrated within other subjects)
- Lifestyle lessons for KS3
- Through the Values@ form time PowerPoint
- Whole school and extended enrichment activities including Collective Worship, TenTen resources and enterprise challenges.
- House Competitions
- Values@ Days
- One-to-one or small group interventions on specific areas of learning and development
- Learning through involvement in the life of the school and wider community.
- Use of TenTen resource and visiting speakers
- Through pupil leadership

Working with Parents/Carers

The policy reflects the aim of St John Wall Catholic School to work in partnership with parents/carers and respects the interest and involvement that parents/carers have with this potentially sensitive area of their child's education.

It is acknowledged that students come from a range of cultural and social backgrounds and that sensitivity is required to avoid offending students or their families. In providing personal, social and health education for students the school will respect the religious beliefs and values of all members of its community, and make provision to discuss its aims with parents/carers wishing to receive further clarification.

Parents/carers have the right to withdraw their children from any or all parts of the school's programme of sex education apart from those elements that are in the National Curriculum Science course. Information on the school's RSE policy is on the school website.

Ratified by Governors: 09/10/2024

Review Date: 09/10/2027

(This policy will remain in force beyond the review date if no updates are required)