

PSHE Policy

Policy Owner – Deputy Head

This is a whole School policy and applies to all members of Cophorne Preparatory School including EYFS.

1 Introduction

PSHE (Personal, Social, Health and Economic Education) is concerned with the education of the whole child both physically & mentally. At Cophorne Prep School, PSHE is a planned programme delivered to all pupils for one lesson per week. It aims to help children to grow and develop as individuals and as members of groups and communities it also promotes fundamental British values. Much of the SEAL (Social and Emotional Aspects of Learning) scheme is used in the delivery of PSHE. Through SEAL, the social and emotional skills that underpin learning are promoted.

2 Why Deliver PSHE?

- PSHE addresses real life issues and its importance is recognized by the Cophorne community. Although National Curriculum guidelines are followed, pastoral issues are discussed within the context of PSHE lessons as and when they arise.
- PSHE and Citizenship help to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.
- PSHE gives pupils the opportunity to reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.
- PSHE ensures that pupils find out about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of communities.
- PSHE contributes to the pupils' ability 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.

The Independent School Standards Regulations (ISSR's) ensure that principles are promoted which:

- (a) actively promotes the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs;
- (b)(i) enable pupils to develop their self-knowledge, self-esteem and self-confidence;
- (ii) enable pupils to distinguish right from wrong and to respect the civil and criminal law of England;
- (iii) encourage pupils to accept responsibility for their behaviour, show initiative and understand how they can contribute positively to the lives of those living and working in the locality in which the school is situated and to society more widely;
- (iv) enable pupils to acquire a broad general knowledge of and respect for public institutions and services in England;
- (v) further tolerance and harmony between different cultural traditions by enabling pupils to acquire an appreciation of and respect for their own and other cultures;
- (vi) encourage respect for other people, paying particular regard to the protected characteristics set out in the 2010 Act;
- (vii) encourage respect for democracy and support for participation in the democratic process, including respect for the basis on which the law is made and applied in England;
- (c) precludes the promotion of partisan political views in the teaching of any subject in the school;
- (d) takes such steps as are reasonably practicable to ensure that where political issues are brought to the attention of pupils— (i) while they are in attendance at the school; (ii) while they are taking part in extra-curricular activities which are provided or organised by or on behalf of the school; or (iii) in the promotion at the school, including through the distribution of promotional material, of extra-curricular activities taking place at the school or elsewhere, they are offered a balanced presentation of opposing views.

3 Department Aims

Through the teaching of PSHE/Citizenship, our aims are:

- To promote self-esteem and emotional well-being.
- To enable pupils to reflect on, and clarify, their own values and attitudes as well as exploring the range of values they will encounter now and in the future.
- To equip pupils to make informed choices.
- To develop the pupil's spiritual, moral, social and cultural awareness.

- To help pupils form and maintain effective relationships. Both within the school and in the wider community.
- To make pupils aware of some of their rights and responsibilities as citizens.
- To help pupils to live healthily and safely.
- To encourage pupils to have respect for others.

We approach the delivery of PSHE/Citizenship in the following ways:

a) Knowledge

This is provided through reading material, dvds, interactive software, discussion and instruction.

Topics include: Government, Citizenship, Health and Well-being, Safety and The Environment

b) Skills

These are provided through role plays, drama, discussion and written work where the children expressing their thoughts and opinions. Topics include: “Getting on and Falling out” and “Financial Capability”.

c) Discussion

Much of the work is carried out in discussion groups either by dividing the class into small groups or by whole class discussion where all pupils, including the quieter ones, are encouraged to develop and air their own opinions.

Topics include: New Beginnings, Relationships, My Feelings, Beating Stress

d) Respect for themselves and others.

This is very much in line with the ethos of the school. Circle time encourages autonomy as well as the willingness to listen to other people’s opinions. School council meetings, Prefects’ Tea and House meetings all encourage the pupils to feel that they will be heard, respected and have a part to play as valuable citizens.

Topics include: Health and well-being, Good to be Me, Living in a diverse world

PSHE helps all pupils develop an understanding of themselves and others. 1:1 Life Coaching sessions are offered to various year groups in the Prep School by a qualified Life Coach. PSHE promotes the spiritual, moral, social and cultural development of individuals and of groups and communities.

In particular, PSHE offers pupils the opportunity to

- develop their self-confidence and awareness
- understand the world they live in as individuals and as members of groups
- bring their own experiences and understanding of life into the classroom

- develop positive attitudes towards others, respecting their beliefs and experience
- reflect on and consider their own values and those of others
- deal with issues that form the basis for personal choices and behaviour.

In response to these opportunities, pupils can make progress in PSHE

- by understanding another's point of view
 - working as part of a group,
 - through developing their ability to stick at things when they get difficult,
 - through developing their ability to resolve conflict
 - through developing and communicating their individual responses to a range of views.
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CREATED: Summer 2012

REVIEWED: Autumn 2013/ Autumn 2014/Autumn 2015/Spring 2018/Autumn 2019

NEXT REVIEW: Autumn 2021