



Personal, Social and Health Education (PSHE) and Citizenship Policy

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1 Introduction

This document is a statement of the aims, principles and strategies for teaching and learning of Personal, Social and Health Education (PSHE) and Citizenship at Brookside Primary School.

PSHE and Citizenship is important because it helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of the school and its community. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They 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.

They also 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. They 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.

Our teaching and learning in PSHE and Citizenship significantly contribute to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC development opportunities provided for our children as well as the children's overall personal development.

2 Aims and Objectives

The aims of PSHE and Citizenship are to enable the children to:

- Know and understand what constitutes a healthy lifestyle
- Be aware of safety issues
- Understand what makes for good relationships with others
- Have respect for others
- Be independent and responsible members of the school community
- Be positive and active members of a democratic society
- Develop self-confidence, self-esteem and resilience to be able to make informed choices regarding personal and social issues both now and in their future lives
- Develop good relationships with other members of the school and the wider community

3 Teaching and Learning

At Brookside School, we teach PSHE, Citizenship and RSE (Relationships, Sex and Health Education) as a whole-school approach. As a school, we have adopted the use of the Jigsaw Programme as it offers us a comprehensive, carefully thought through Scheme of Work which brings consistency and progression to the children's learning in this vital curriculum area.

We use a range of teaching and learning styles, placing an emphasis on active learning by including the children in discussions, investigations, conflict resolution and problem-solving activities as well as mindfulness.

Outside of PSHE lessons, we encourage the children to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, enterprise activities, eco activities, the planning of school special events such as an assembly or presentation evening, or involvement in an activity to help other individuals or groups less fortunate than themselves. We offer children the opportunity to hear visiting speakers, such as health workers, police and representatives from the local church, whom we invite into the school to talk about their role in creating a positive and supportive local community.

The Jigsaw Scheme covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below provides an overview of the learning theme for each term taught across the school. As children progress through the school, the learning deepens and broadens every year.

Term	Unit	Content
Autumn 1	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Establishing class rules.
Autumn 2	Celebrating Difference	Includes anti-bullying (cyber and in person) and understanding.
Spring 1	Dreams and Goals	Includes goal setting, aspirations, resilience and development of self for work and to contribute to society.
Spring 2	Healthy Me	Includes drug and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise.
Summer 1	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss.
Summer 2	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change.

4 Foundation Stage

We teach PSHE and citizenship across the EYFS as an integral part of the EYFS curriculum. Our teaching in PSHE and citizenship matches the aims of developing a child's personal, emotional and social development as outlined in the Early Learning Goals.

5 Assessment and Reporting

Informal assessment is carried out according to guidance from Jigsaw, incorporating a PSHE specific outcome and Emotional Literacy focus. This is made following activities and through cross curricular links. Opportunities arise in circle time, conferencing, School Parliament and during day-to-day issues. Assessments of learning outcomes highlighted within the school's scheme of work for PSHE and Citizenship are also maintained routinely through the school year. Reporting to parents is done at regular parent evenings and annually through a summarising report.

6 Equality, Diversity and Inclusion

At Brookside School, we aim to ensure that no pupil or staff member experiences harassment, less favourable treatment or discrimination within the learning environment because of their age; any disability they may have; their ethnicity, colour or national origin; their gender; their religion or beliefs.

We value the diversity of individuals within our school and do not discriminate against children or adults because of 'differences'. We believe that all our children matter, and we value their families too. We give our children every opportunity to achieve their best by taking account of our children's range of life experiences when planning for their learning.

PSHE and Citizenship can make a significant contribution to inclusion, particularly with its focus on promoting respect for all. All pupils have an entitlement to learning in PSHE and Citizenship and this contributes to their developing knowledge, skills, understanding and attitudes. These are necessary for pupils' self-fulfilment and development as active and responsible citizens.

The planning and organising of teaching strategies for each subject is consistently reviewed to ensure that no pupil is disadvantaged. This is in line with our Equality, Diversity and Inclusion Policy.

7 Special Needs Provision / Enrichment and Challenge

As an inclusive school we recognise the need to tailor our approach to support children with special educational needs as well as those who are identified as benefiting from further enrichment and challenge.

8 Policy Review

This policy will be regularly reviewed by the Governing Body and updated in line with Policy Schedule set out by Equals Trust.

This planned programme of review is included in the annual School Improvement Plan, published in the Spring Term of each year.

9 Links to Other Documentation

The following documents support this policy and should be read in conjunction with this policy:

- Relationships, Health and Sex Education Policy
- Jigsaw 3-11 Mapping Document
- Drugs Education Policy
- Personal Development Overview