

WEST WALKER PRIMARY SCHOOL
PERSONAL, SOCIAL, HEALTH EDUCATION AND CITIZENSHIP POLICY

RATIONALE

Personal, Social, Health Education and Citizenship (P.S.H.E.&C.) help to provide pupils with the knowledge and understanding they need to lead confident, healthy, independent lives and become informed, active and responsible citizens.

PURPOSE AND AIMS

1. To encourage pupils to discuss and write about their opinions e.g. what is fair and unfair and what is right and wrong.
2. To develop a high self-esteem by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals.
3. Pupils should be encouraged to make and change rules where necessary, and to agree to follow rules for their class and the wider community.
4. Pupils should be taught to realise the consequences of anti-social and aggressive behaviour such as bullying and racism.
5. To make pupils aware that there are different types of teasing and bullying. That bullying is wrong and how to get help to deal with bullying.
6. To teach pupils to recognise how their behaviour affects other people and to realise the importance of listening to other people and being able to play and work co-operatively.
7. Pupils will be taught to respect people living in other places and with different values and customs.
8. As part of their health education, pupils will be taught what makes a healthy lifestyle, including the benefits of exercise and healthy eating and how to maintain personal hygiene.
9. Pupils will be instructed in ways of keeping safe including road safety and about people who can help them to stay safe.
10. Pupils will be made aware of substances and drugs, which are legal and illegal, their effects and risks.
11. For pupils to recognise different risks in different situations, such as judging what kind of physical contact is acceptable or unacceptable.
12. Pupils P.S.H.E & C will be monitored by staff.

GUIDELINES

1. Children will be given opportunities to discuss and write class and school rules and to see the value of having such rules.
2. Through achieving targets for good behaviour in each key stage and by being rewarded for their success in achieving behaviour targets.
- 3a Pupils will be encouraged to consider social and moral dilemmas they come across in everyday life e.g. aggressive behaviour, questions of fairness, right and wrong, respect and understanding between different races and simple environmental issues.
- 3b School Council will meet twice a monthly to discuss issues they are concerned with.
4. Staff will encourage pupils to feel positive about themselves and their achievements will be recognised e.g. children's names will be entered in the 'Golden Book' each week for pleasing work and behaviour. Children will also receive house points as part of the house system as well as stickers as rewards for their passports.
- 5 Opportunities will be provided **for children to develop relationships** through work and play e.g. sharing equipment in a **group task**.
- 6 Pupils will be encouraged to ask for help and advice e.g. **from family** and friends, mid-day supervisors, older pupils, and the police.
7. Children will be taught to develop a healthy lifestyle. **They will** bring healthy snacks to school and will be taught to realise the benefits of keeping to a healthy diet and the benefits of regular exercise. After school clubs e.g. dance, judo and football are made available for children to participate in exercise. Fruit is available to each child every day. Fresh water is available for children and staff. Children are taught benefits of drinking water.
8. Health and safety education will be supported by regular educational visits from other professionals, such as the school nurse, community police officer and road safety officer. Key Stage 2 pupils will participate in cycling proficiency exercise during Year 5.

All Key Stage 2 pupils attend a weekly swimming lesson for one term. Years 5 & 6 are given the opportunity to take part in a residential week for example at Robin Wood. They will participate in outdoor adventurous activities under the guidance of trained staff.
9. In Key Stage 2 the community police officer and school nurse will support staff in sex education and instruct pupils in harmful effects and risks of drug and substance abuse.
10. Year 6 pupils will be given opportunities to prepare for change through visiting local secondary schools and by secondary school staff visiting our school.

Reviewed September 2019