

Personal, Social and Health Education (PSHE) Policy

This policy is approved for publication by: **Graham Ellis**

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Introduction

Our personal, social and health education (PSHE) programme promotes children's personal, social and economic development, as well as their health and wellbeing. It helps to give children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

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

At Brookes UK, children's wellbeing, happiness and safety are our first priority, and PSHE is the key vehicle through which we share this with children. We regard PSHE as an important, integral component of the whole curriculum; it is central to our approach and at the core of our vision of a world of self-confident lifelong learners connected and inspired to help others, and our values that through leadership challenges and opportunities, we help students discover their passion, develop their character, and understand their connection to others and society. We espouse creativity, build character and develop connections to deliver exceptional educational learning experiences.

Our PSHE curriculum is broad and balanced, ensuring that it:

- Promotes the spiritual, moral, cultural, mental and physical development of our children and of society;
- Prepares our children for the opportunities, responsibilities and experiences they already face and for adult life;
- Provides information about keeping healthy and safe, emotionally and physically;
- Encourages our children to understand how all actions have consequences and how they can make informed choices to help themselves, others and the environment.

Aims

For children to:

Health & Wellbeing

- Know and understand what constitutes a healthy lifestyle.
- Know how to maintain physical, mental and emotional health and wellbeing.
- Be aware of safety issues, including how to respond in an emergency.
- Know how to manage change, including puberty, transition and loss.

Relationships

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts.
- Know how to recognise and manage emotions within a range of relationships.
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help. Know how to respect equality and diversity in relationships.

Living in the Wider World

- Know the importance of responsible behaviours and actions.
- Be responsible and independent members of the school community.
- Be positive and active members of a democratic society.
- Know about the importance of respecting and protecting the environment.
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- Develop good relationships with other members of the school and the wider community.
- Know about where money comes from, keeping it safe and the importance of managing it effectively.
- Have a basic understanding of enterprise.

Organisation / Provision

PSHE is delivered within a whole school approach which includes:

- Dedicated curriculum time
- Teaching PSHE through and in other subjects/curriculum areas
- Circle Time
- Specialised assemblies
- Pastoral care and guidance
- Visiting speakers

The programmes of study are based on those suggested by the National PSHE Association and build on the existing frameworks and guidelines in these areas.

The frameworks have been adapted by staff so that there is progression throughout the school and the needs of the individual children are met.

The current PSHE curriculum follows the PSHE Association planning document framework.

Appendix A

KS1 PSHE Overview - 2018 / 2019 & following alternate years

Year 1 / 2 A Rotation	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	Healthy lifestyles (Health & wellbeing) Grid Yr 1 H1 - 2 Yr 2 H1 - 2 Rights & responsibilities (Living in the wider world) Grid Yr 1 L1 - 3 Yr 2 L1 - 3	Healthy relationships (Relationships) Grid Yr 1 R6 - 10 Yr 2 R6 - 10	Keeping safe (Health & wellbeing) Grid Yr 1 H11 - 16 Yr 2 H11 - 16 Taking care of the environment (Living in the wider world) Grid Yr 1 L5 Yr 2 L5
Cross Curricular Also see subject planning grids			
One Off (Form / Assembly)	Anti Bullying Week	Safer Internet Day	



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KS1 PSHE Overview - 2019 / 2020 & following alternate years

Year 1 / 2 B Rotation	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	Feelings & emotions (Relationships) Grid Yr 1 R1 - 2 R12 Yr 2 R1 - 2 R12 Rights & responsibilities (Living in the wider world) Grid Yr 1 L1 - 4 Yr 2 L1 - 4	Keeping safe (Health & wellbeing) Grid Yr 1 H11 - 16 Yr 2 H11 - 16 Money (Living in the wider world) Grid Yr 1 L6 - 7 Yr 2 L6 - 7	Growing & changing (Health & wellbeing) Grid Yr 1 H3 & 5 Yr 2 H3 & 5 Valuing difference (Relationships) Grid Yr 1 R5 & 9 Yr 2 R5 & 9
Cross Curricular Also see subject planning grids			
One Off (Form / Assembly)	Anti Bullying Week	Safer Internet Day	



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KS2 PSHE Overview - 2018 / 2019 & following alternate years

Year 3 / 4 A Rotation	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	Changes & transition, aspirations & goals (Health & wellbeing) Grid Yr 3 H5 & 8 Yr 4 H5 & 8 Rights & responsibilities, rules & laws (Living in the wider world) Grid Yr 3 L8 - 12 Yr 4 L8 - 12	Feeling & emotions, valuing difference (Relationships) Grid Yr 3 R9 - 18 Yr 4 R9 - 18 Balanced lifestyle & healthy choices (Health & wellbeing) Grid Yr 3 H1 - 4 Yr 4 H1 - 4	Money, spending, saving & budgeting (Living in the wider world) Grid Yr 3 L13 - 16 Yr 4 L13 - 16 Keeping safe (Health & wellbeing) Grid Yr 3 H9 - 15 Yr 4 H9 - 15
Cross Curricular Also see subject planning grids			Science - Our Amazing Body Healthy lifestyles, growing & changing (Health & wellbeing)
One Off (Form / Assembly)	Anti Bullying Week	Safer Internet Day	



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KS2 PSHE Overview - 2019 / 2020 & following alternate years

Year 3 / 4 B Rotation	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	Changes & transition, aspirations & goals (Health & wellbeing) Grid Yr 3 H 5 & 8 Yr 4 H5 & 8 Healthy relationships (Relationships) Grid Yr 3 R1 - 8 Yr 4 R1 - 8	Keeping safe (Health & wellbeing) Grid Yr 3 H21 - 23 Yr 4 H21 - 23 Healthy lifestyles, growing & changing (Health & wellbeing) Grid Yr 3 H5 - 8 Yr 4 H5 - 8	Rights & responsibilities, social media, diversity, resolving difference (Living in the wider world) Grid Yr 3 L8 - 12 Yr 4 L8 - 12 Money, economics & choice (Living in the wider world) Grid Yr 3 L13 - 16 Yr 4 L13 - 16
Cross Curricular Also see subject planning grids			
One Off (Form / Assembly)	Anti Bullying Week	Safer Internet Day	



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KS2 PSHE Overview - 2018 / 2019 & following alternate years

Year 5 / 6 A Rotation	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	Changes & transition, aspirations & goals (Health & wellbeing) Grid Yr 5 H 5 - 8 Yr 6 H5 - 8 Balanced lifestyle & healthy choices (Health & wellbeing) Grid Yr 5 H1 - 4 Yr 6 H1 - 4	Healthy relationships (Relationships) Grid Yr 5 R1 - 9 Yr 6 R1 - 9	Rights & responsibilities, rules & laws (Living in the wider world) Grid Yr 5 L1 - 7 Yr 6 L1 - 7 Money, spending, saving & budgeting (Living in the wider world) Grid Yr 5 L13 - 16 Yr 6 L13 - 16
Cross Curricular Also see subject planning grids		Science - Ourselves Healthy lifestyles, growing & changing (Health & wellbeing)	
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit Human toolkit & wellbeing programme	Learners Toolkit Yr 6 Crucial Crew Roadshow



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KS2 PSHE Overview - 2019 / 2020 & following alternate years

Year 5 / 6 B Rotation	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	Changes & transition, aspirations & goals (Health & wellbeing) Grid Yr 5 H 5 - 8 Yr 6 H5 - 8 Feeling & emotions, valuing difference (Relationships) Grid Yr 5 R 7 - 21 Yr 6 R 7 - 21	Keeping safe at home (Health & wellbeing) Grid Yr 5 H21 - 24 Yr 6 H21 - 24	Rights & responsibilities, social media, diversity, resolving difference (Living in the wider world) Grid Yr 5 L8 - 12 17 18 Yr 6 L8 - 12 17 18 Money, economics & choice (Living in the wider world) Grid Yr 5 L13 - 16 Yr 6 L13 - 16
Cross Curricular Also see subject planning grids		Science - Electricity Electrical safety (Health & wellbeing)	
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit	Learners Toolkit Yr 6 Crucial Crew Roadshow

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KS3 PSHE Overview - from 2018 / 2019

Year 7	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	<p>Transition to secondary school (<i>Health & wellbeing</i>) Grid Yr 7 A B C</p> <p>Enterprise skills & introduction to careers (<i>Living in the wider world</i>) Grid Yr 7 F G</p> <p>Challenging career stereotypes & raising aspiration (<i>Living in the wider world</i>) Grid Yr 7 H I</p> <p>Vegetable Garden</p>	<p>Diversity, prejudice & bullying including cyber bullying (<i>Relationship</i>) Grid Yr 7 J K L</p> <p>Managing on- and -off-line friendships (<i>Relationship</i>) Grid Yr 7 M N O P</p> <p>The risks of alcohol, tobacco & other substances (<i>Health & wellbeing</i>) Grid Yr 7 Q R S</p> <p>Vegetable Garden</p>	<p>Self-esteem & romance (<i>Relationship</i>) Grid Yr 7 W X</p> <p>Exploring family life (<i>Relationship</i>) Grid Yr 7 Y</p> <p>Making ethical financial decisions (<i>Living in the wider world</i>) Grid Yr 7 Z</p> <p>Saving, spending & budgeting our money (<i>Living in the wider world</i>) Grid Yr 7 AA</p> <p>Vegetable Garden</p>
Cross Curricular Also see subject planning grids	Citizenship - Tackling racism & religious discrimination, promoting human rights (<i>Relationship</i>) Grid Yr 8 G H I	Science - Cells & Body Machine Diet & exercise & how to make healthy choices (<i>Health & wellbeing</i>) Grid Yr 7 D E	
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit	Learners Toolkit

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Year 8	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	First Aid & personal safety, focusing on road safety (<i>Health & wellbeing</i>) Grid Yr 8 A B Alcohol & drug misuse & managing peer influence (<i>Health & wellbeing</i>) Grid Yr 8 C D E Rights & responsibilities in the community including challenging age & disability discrimination (<i>Living in the wider world</i>) Grid Yr 8 F	Online safety & digital literacy (<i>Relationship</i>) Grid Yr 8 J K Mental health & emotional wellbeing, including body image (<i>Health & wellbeing</i>) Grid Yr 8 L M Managing change & loss (<i>Health & wellbeing</i>) Grid Yr 8 N O	Evaluating value for money in services (<i>Living in the wider world</i>) Grid yr 8 S Risks & consequences making financial decisions (<i>Living in the wider world</i>) Grid Yr8 T
Cross Curricular Also see subject planning grids			Science - Making More Puberty, sexuality & consent, contraception, homophobia, transphobia & sexism, STIs, sexting & pornography (<i>Health & wellbeing / Relationship</i>) Grid Yr 8 P Q R Grid Yr 9
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit	Learners Toolkit

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Year 9	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	<p>Peer pressure, assertiveness & risk, gang crime (<i>Health & wellbeing</i>) Grid Yr 9 A B C</p> <p>Dieting, lifestyle balance & unhealthy coping strategies (<i>Health & wellbeing</i>) Grid Yr 9 D E F G</p> <p>Understanding careers & future aspirations (<i>Living in the wider world</i>) Grid Yr 9 H I</p> <p>Identifying learning strengths & setting goals as part of the IGCSE options process (<i>Living in the wider world</i>) Grid Yr 9 J</p>	<p><i>Managing conflict at home & the dangers of running away from home</i> (<i>Relationship</i>) Grid Yr 9 K L</p> <p><i>Managing peer pressure in relation to illicit substances</i> (<i>Health & wellbeing</i>) Grid Yr 9 P</p> <p>Assessing the risks of drug & alcohol abuse & addiction (<i>Health & wellbeing</i>) Grid Yr 9 Q R S</p>	<p>Reflecting on learning skills development in key stage 3 (<i>Living in the wider world</i>) Grid Yr 9 Z</p> <p>Planning & carrying out an enterprise project (<i>Living in the wider world</i>) Grid Yr 9 AA</p>
Cross Curricular Also see subject planning grids			
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit	Learners Toolkit

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KS4 PSHE Overview - from 2018 / 2019

Year 10	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	<p>Transition to key stage 4 & developing study habits (Health & wellbeing) Grid Yr 10 A B</p> <p>Mental health & ill health, tackling stigma (Health & wellbeing) Grid Yr 10 C D E</p> <p>Understanding the causes & effects of debt (Living in the wider world) Grid Yr 10 F</p> <p>Understanding the risks associated with gambling (Living in the wider world) Grid Yr 10 G</p>	<p>Tackling relationship myths & expectations (Relationship) Grid Yr 10 H I</p> <p>Managing romantic relationship challenges including break ups (Relationship) Grid Yr 10 J K</p> <p>Exploring the influence of role models (Health & wellbeing) Grid Yr 10 L</p> <p>Evaluating the social & emotional risks of drug use (Health & wellbeing) Grid Yr 10 M N O</p>	<p>Understanding different families & learning parenting skills (Relationship) Grid Yr 10 P Q R</p> <p>Managing change, grief & bereavement (Relationship) Grid Yr 10 S</p> <p>Preparation for work experience (Living in the wider world) Grid Yr 10 T U V</p> <p>Evaluation of work experience & readiness for work (Living in the wider world) Grid Yr 10 W X</p>
Cross Curricular Also see subject planning grids			
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit	Learners Toolkit

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Year 11	Autumn Term	Spring Term	Summer Term
Lesson Content (PSHE Theme) PSHE Assoc Planning Toolkit Reference	<p><i>Promoting self-esteem & coping with stress</i> (Health & wellbeing) Grid Yr 11 H R L</p> <p>Learning & revision skills to maximise potential (Health & wellbeing) Grid Yr 11 H L</p> <p><i>Understanding the college application process & plans beyond school</i> (Living in the wider world) Grid Yr 11 H L</p> <p>Skills for employment &</p>	<p><i>Personal values and assertive communication in relationships</i> (Relationship) Grid Yr 11 H R L</p> <p><i>Tackling domestic abuse and forced marriage</i> (Relationship) Grid Yr 11 H R L</p> <p><i>Health and safety in independent contexts</i> (Health & wellbeing) Grid Yr 11 H R L</p> <p>Taking responsibility for health choices</p>	<p>British values, human rights and community cohesion (Relationship) Grid Yr 11 H R L</p> <p>Challenging extremism and radicalisation (Relationship) Grid Yr 11 H R L</p>

	career progression (Living in the wider world) Grid Yr 11 H L	(Health & wellbeing) Grid Yr 11 H R	
Cross Curricular Also see subject planning grids			
One Off (Form / Assembly)	Anti Bullying Week Learners Toolkit	Safer Internet Day Learners Toolkit	Learners Toolkit

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