

	<p>Elmhurst School An Academy of the Great Learners Trust</p> <p style="background-color: #92d050; padding: 5px;">Learning for Life (PSHE) Policy</p> <p>April 2020</p>
Adopted:	28/04/2020
Review Date:	28/04/2023
Signed Headteacher:	Mrs Rachel Lee
Signed Chair of Governors:	Mrs Jane Turner

Learning for Life Aims

At Elmhurst School, we strive to prepare our children for their future through the delivery of a comprehensive PSHE programme which is taught through our Learning for Life lessons. Our goal is to enable pupils to acquire the skills, knowledge and understanding, attitudes and values, which are necessary to make sense of their life experiences and to become healthy, confident, independent and responsible members of society. Providing a high quality PSHE curriculum gives pupils opportunities to explore issues that are real and relevant to their lives in a safe environment.

Teaching and Learning

Personal, Social, Health and Economic Education is a distinct curriculum subject which has both statutory and non-statutory elements as defined by the DfE. In our Learning for Life lessons, we teach both Health Education and Relationships Education (please see our separate Relationships and Sex Education policy), which are the statutory components of the curriculum for primary schools from September 2020. Whilst it is not statutory for primary schools to provide sex education in PSHE, as part of our provision, we do teach sex education in an age appropriate manner to pupils in our Learning for Life lessons. This is in addition to the statutory elements of sex education contained in the science curriculum. We comply with the 'Relationships Education, Relationships and Sex Education (RSE) and Health Education' statutory guidance issued by the DfE.

Our Learning for Life lessons have been planned using the PSHE Association's Programme of Study for the majority of the objectives. The core themes that will be covered across the school are:

- Health and Wellbeing – the statutory Health Education objectives.
- Relationships – the statutory Relationships Education objectives.
- Living in the Wider World – economic wellbeing and being a responsible citizen.

Our RSE lessons are taught using the Christopher Winter project (see RSE Policy for further detail).

Intent – what we aim to provide:

- An hour of Learning for Life each week in every year group delivered by class teachers.
- In addition to these Learning for Life lessons, PSHE provision at Elmhurst is incorporated throughout the Guerrilla Curriculum, science lessons, themed days/weeks, assemblies and our smart school council. PSHE is part of our school's broad and balanced curriculum supporting spiritual, moral, cultural, and social education, citizenship, equalities and safeguarding.
- Our Learning for Life provision is underpinned by the 2010 Equalities Act and provides an inclusive curriculum that provides understanding and mutual respect for all. We reflect diversity within our lessons to ensure that no pupil feels excluded and teach children to understand, respect and celebrate difference and challenge stigma.
- The PSHE Association programme of study is adapted to provide a relevant and age appropriate curriculum. We aim to support pupils to develop life skills which enable them to manage change, make healthy and safe choices, build character and be resilient, reflective and responsible members of society.

- A spiral curriculum to ensure that pupils are taught key aspects of PSHE in line with their continuing personal, social and emotional development.

Implementation – how PSHE is taught and what is included:

In order for children to feel safe and confident to express their opinions, ask questions and explore their views, ground rules are used in all our Learning for Life lessons. These are established so that children learn how to respect a wide variety of feelings and opinions, to listen carefully to each other and build trusting relationships with the other members of their class. For these ground rules to be effective, they are developed and agreed with the pupils in each class and are revisited regularly to establish a positive and safe learning environment. Pupils are encouraged to ask questions and raise issues in a respectful and appropriate manner. Teachers employ a variety of different teaching styles and techniques to support this learning. For example, these may include:

- Scenarios and dilemmas
- Ask it baskets – for children to ask questions anonymously
- Drawings and creative tasks
- Role play
- Distancing techniques – so that children feel safe to discuss issues without sharing their own personal experiences in lessons

In Learning for Life, pupils learn about personal safety and the law. Should a pupil make a disclosure to a member of staff, this will be reported to a designated safeguarding lead and followed up in accordance with our safeguarding policy and procedure (see Safeguarding Policy for further detail).

Statutory Health Education

Health Education aims to teach pupils about physical and mental wellbeing and give pupils the information that they need to make good decisions about their own health and wellbeing. Pupils will be taught how to seek support as early as possible and from a safe and trusted source. By the end of primary school, pupils will have been taught content on:

- Mental Wellbeing
- Internet Safety and Harm
- Physical Health (Safety) and Fitness
- Healthy Eating
- Facts and Risks associated with Drugs, Alcohol and Tobacco
- Health and Prevention
- Basic First Aid
- Changing Adolescent Body*

*The changing adolescent body and puberty education is part of the statutory Health Education curriculum and is mandatory for all pupils. At Elmhurst this topic is taught in Years 4, 5 and 6.

Please see DfE outcomes for Health Education at the end of this policy.

Statutory Relationships Education

Relationships Education in primary schools focuses on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and adults. By the end of primary school, children will have been taught content on:

- Families and People Who Care for Me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

Pupils will be taught relationships education from Year 1 at an age appropriate level. Further details on what we are required to teach can be found at the end of this policy (DfE Relationships Outcomes).

Living in the Wider World

In our Learning for Life lessons, pupils will also learn about managing money, saving and enterprise skills, setting goals for themselves, and looking after the environment.

Sex Education

This is an important and recommended aspect of the curriculum. As a non-statutory element of PSHE, parents/carers have the right to withdraw their child from designated sex education lessons. We encourage parents to talk through any concerns they may have and make an informed choice about whether to exercise the right to withdraw their child (please see our RSE Policy for further details).

'The Department continues to recommend that all primary schools should have a sex education programme tailored to the age and physical and emotional maturity of the pupils. It should endure that both boys and girls are prepared for the changes adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born...'

Department for Education, Relationships Education, RSE and Health Education Statutory Guidance February 2019

Impact

Our Learning for Life curriculum has been designed to help pupils develop their knowledge and skills over time, embedding learning to ensure the pupils receive a relevant and age appropriate education to support them in their lives now and in the future. The PSHE Association has identified several overarching concepts which are developed through their programme of study, which we use at Elmhurst:

- **Identity** (their personal qualities, attitudes, skills, attributes and achievements and what influences these)
- **Relationships** (including different types and different settings)
- **A Healthy** (including physically, emotionally and socially) **Balanced Lifestyle** (including, within relationships, work-life, exercise and rest, spending and saving and diet)
- **Risk** (identification and assessment of risk rather than simply the avoidance of risk for self and others) **and safety** (including behaviour and strategies to employ in different settings)
- **Diversity and Equality** (in all its forms)
- **Rights** (including the notion of universal rights), **Responsibilities** (including fairness and justice) **and Consent** (in different contexts).
- **Change** (as something to be managed), **and Resilience** (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance).
- **Power** (how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and 'win-win' outcomes).
- **Career** (including enterprise, employability and economic understanding).

Assessment

Appropriate learning objectives and outcomes are identified for all Learning for Life lessons and assessment is made against these in a variety of ways: teacher assessment, baseline and end of topic activities and peer assessment and self-assessment. A record of lessons taught and pupil achievement is kept through the class Learning for Life scrapbooks - photographs, observations, pupil reflections and evaluations where pupils are given the opportunity to record the impact of learning on their lives.

Equal Opportunities and Inclusion

PSHE is a subject which emphasises respect for all, regardless of their ability, gender, race or religion, or social background. All children at Elmhurst are given the opportunity to access this curriculum and participate in Learning for Life lessons. Our teachers provide learning opportunities which are matched to the individual needs and abilities of the children in their class.

Responsibilities

The PSHE subject leader is responsible for monitoring and evaluating the standards of children's work and the quality of teaching. The subject leader will support colleagues in the teaching of PSHE, by giving them information about current developments in the subject and by providing a strategic lead and direction for

the subject in school. They will check that all topics are being taught and will also spend some time speaking to children to ensure they feel safe and confident within their Learning for Life lessons. Each class teacher is responsible for planning, resourcing and delivering Learning for Life lessons to their classes as timetabled and be aware of where extra or targeted lessons may be needed to meet pupil needs.

Pupils are expected to fully engage with their Learning for Life lessons and to treat others with respect.

Linked Policies

Relationships and Sex Education Policy

Safeguarding Policy

Science Policy

Anti-Bullying Policy

DfE Information for Parents

DfE Guide for Parents

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

Relationships Education Primary Schools

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

Health Education (the DfE has not separated this into primary and secondary)

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/physical-health-and-mental-wellbeing-primary-and-secondary>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf

Elmhurst PSHE/Learning for Life Long Term Overview

	Autumn	Spring	Summer
Year 1	<p>What is the same and different about us? Who is special to us?</p>	<p>What helps us stay healthy? What can we do with money?</p>	<p>Who helps to keep us safe? How can we look after each other and the world?</p>
Year 2	<p>What makes a good friend? What is bullying? How do we recognise our feelings?</p>	<p>What helps us to stay safe?</p>	<p>What can help us grow and stay healthy? How are boys and girls different?</p>
Year 3	<p>What keeps us safe? What are families like?</p>	<p>How can we be a good friend? Why do we feel the way we do? What makes a community?</p>	<p>Why should we eat well and look after our teeth? Why should we keep active and sleep well?</p>
Year 4	<p>What strengths, skills and interests do we have? How do we treat each other with respect?</p>	<p>How can we manage risk in different places? How can our choices make a difference to others and the environment?</p>	<p>How can we manage our feelings? How will we grow and change?</p>
Year 5	<p>How can we treat others fairly and with respect? What decisions can people make about their money?</p>	<p>How can we help in an accident or emergency? How can friends communicate safely?</p>	<p>How can drugs in everyday life affect health? What jobs would we like? What can we expect from puberty?</p>
Year 6	<p>How can we keep healthy as we grow?</p>	<p>How can the media influence people?</p>	<p>What will change as we become more independent? How do friendships change as we grow?</p>

Relationships

Physical Health and Wellbeing

Living in the Wider World