

Beecroft Primary School Personal, Social and Health Education (PSHE) Policy

September 2023

Beecroft Primary School's overarching aim is for 'high standards of work, behaviour and attitudes to others.'

INTRODUCTION

This policy document is a statement of the aims, principles and strategies for teaching and learning of PSHE and SEMH.

PURPOSE

Beecroft Primary School's ethos promotes a healthy mental and physical wellbeing by providing a safe and stimulating environment. We aim to enable all pupils to be confident in their studies and grow in resilience in all they do by providing inner resources to succeed in challenging situations. We help pupils to develop the knowledge, understanding, skills and attitudes they need to live confident, healthy, independent lives now and in the future, as individuals and members of society.

GUIDELINES

At Beecroft Primary School we use high quality whole class teaching to educate on matters of physical, social and emotional health. We provide solid foundations of positive mental health by incorporating the objectives from the PSHE schemes into high quality teaching of foundation subjects. Year 6 learn about democracy, citizenship and British Values in their history subjects 'Suffragettes,' just as Year 2 learn about healthy living choices and hygiene through their 'Staying Healthy' science topic. Fundamental British Values are studied in depth during Year 4's 'Ancient Greece' history topic. Other topics such as friendship, citizenship and moral values are approached in daily discussions in class as well as in whole school assemblies.

Education on healthy living is not just a taught subject, but evident around school through our ethos and policies. Beecroft Primary School adopts a 'healthy eating' policy where children are encouraged to make healthy choices during lunchtime using a 'red, amber and green' traffic light system.

We provide opportunities to develop children's sense of character during their time at Beecroft Primary School. Citizenship is interwoven into the school council process as all children participate in the nomination and voting of a class representative. The Year 6 Mentor Programme teaches Year 6 how to apply, interview and present themselves preparing them for active roles as citizens of the future.

The spiritual, moral, social and cultural development of children is incorporated through rigorous teaching of the RE curriculum and inclusion of the wider school community. Parents and supporters from the local community are invited to fortnightly 'family assemblies.' At Beecroft Primary School children are educated about world religions and those which reflect the school's community. Children are taught about tolerance and respect for one another and study British Values in and amongst their RE studies. Year 2 for example, learn about the role of light in festivals celebrated by different religions in class. They use this topic as an opportunity to discuss similarities, differences and encourage tolerance and respect for one another.

Where strands of PSHE must stand alone, they are taught discreetly through whole class teaching and the inclusion of workshops and external experts and visitors. These topics include road safety, drugs, tobacco and alcohol, fire safety, emergency aid procedure and Sex and Relationship Education (SRE).

Children are prepared for the next stage with thorough transition into high school. Children have planned visits to their high school to familiarise with surroundings and others and are able to communicate any worries or challenges in order to provide a seamless move.

Our commitment to promoting good physical, emotional and social health is achieved through our extra curricular events and involvement. We plan termly subject days such as 'Arts Day' and 'Sports Day' where children partake in performances, other types of sports and exercise such as yoga, and learn new focused skills to do with one of the arts of sports.

Children take part in Children in Need, Anti-Bullying Week, Children's Mental Health Week and Safer Internet Day where activities are planned to support understanding of physical and mental causes that we have in our country. Teacher led after school clubs such as drama, Nature Club, Dance, Arts and Crafts, Sport's Leaders and Art's Council allow children to explore other talents whilst leading their learning, growing in confidence and exercising resilience.

MINDMATE CHAMPIONS

We meet the SEMH needs of our children through the incorporation of the Mindmate Champions scheme of work. Children at Beecroft Primary School are taught age appropriate content including broad subjects such as healthy relationships and more mental health specific topics such as empathy, low mood and depression. Emotional literacy skills are incorporated into all lesson outcomes to ensure the learning is personalised and embedded.

The MindMate lessons are self-contained lessons, but they join together to form a whole social, emotional and mental health curriculum. There are six themes which form the framework for primary learning. In addition, there are specialised modules which allow for a more detailed focus on selected topics and which could be used in addition to the core lessons or for targeted groups of pupils.

- Feeling Good and Being Me
- Friends and Family
- Life Changes
- Strong Emotions
- Being the Same and Being Different
- Solving Problems (and making it better)

Each half term, the whole school focuses on one of the above key themes. This teaching directly complements our PSHE work.

ASSESSMENT

We assess pupils' learning in PSHE using assessment for learning, completed reflections and cross curricular learning. We report to parents/carers at the end of the school year on pupils' learning and progress within PSHE.

Where teachers feel an individual needs support with a particular need, the Mental Health Lead and learning mentor are consulted. In cases where a disclosure is made or any information deemed inappropriate given, teachers are clear on safeguarding procedures.

Beecroft Primary School is also regularly assessed by external bodies such as the Schools Wellbeing Team in order to quality and maintain it's Healthy Schools status which was achieved in April 2022. The school was also assessed by the Schools Wellbeing team to qualify for MindMate Friendly states (April 2022) and progressed through reflective practice and development to MindMate Champion status in September 2023.

INCLUSION AND EQUAL OPPORTUNITIES

All pupils, whatever their experience, background and identity, are entitled to quality PSHE that helps them build confidence and a positive sense of self, and to stay healthy. All classes include pupils with different abilities and aptitudes, experiences and religious/cultural backgrounds, gender and sexual identities. To encourage pupils to participate in lessons, teachers will ensure content, approach, and use of inclusive language reflects the diversity of the school community, and helps each and every pupil to feel valued and included in the classroom.

We promote the needs and interest of all pupils. The school's approaches to teaching and learning take into account the ability, age, readiness and cultural backgrounds of pupils to ensure all can access the full PSHE and Mindmate learning.

ROLE OF THE PSHE LEADER (MISS R PINDER)

The class teacher is responsible for the planning and organisation of PSHE. However, the PSHE leader is responsible for:

- assisting the Mental Health Lead with coaching and working with new members of staff
- scrutiny of PSHE and Mindmate evidence
- keeping abreast of new initiatives
- assisting the Mental Health Lead in promoting a positive physical and mental wellbeing through planning key school themed days such as Mental Health Day and Anti-Bullying Week.
- ordering PSHE and Mindmate materials linked to the annual PSHE budget

ROLE OF THE SENIOR MENTAL HEALTH LEAD (MRS S CARTER)

- liaising with the wellbeing governors on issues of wellbeing within school.
- attending wellbeing courses to keep current with new initiatives.
- consulting with the learning mentor on wellbeing issues regarding individuals and whole classes.
- coaching and working with new members of staff
- reviewing the PSHE and Mindmate Champions policy
- reviewing new materials
- leading inset on delivering PSHE and Mindmate Champions for teaching and non-teaching staff

To be reviewed: September 2024

