



Bramfield House School

Personal, Social, Health and Education Policy (PSHE)

Version 1.2 September 2020

At Bramfield House School, we see Personal, Social, Health and Education (PSHE) as being central to the ethos of our school. PSHE comprises of all planned provision and curricular activities that we are committed to promoting to students to achieve their best and lead confident, healthy and responsible lives. Through our curriculum, our school environment and our school ethos, we promote students' self-esteem, emotional well-being, resilience and personal confidence. Through this, we aim to help them form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community.

Aims

The aims of PSHE are to enable students to develop the skills, knowledge, understanding and attitudes they need to be able to:

have respect for themselves and others, valuing the differences and similarities between people, develop good relationships with other members of the school and wider community, be independent, self-disciplined and responsible members of society. To be positive and active members of a democratic society. To develop self-confidence, self-esteem, and make informed choices regarding personal, social and health issues. To know and understand what constitutes a healthy lifestyle and to move on from school to experience success in further/higher education and the working environment.

Curriculum organisation

Primary Phase

All students in the primary phase have two 45 minute standalone SMSC lessons. All student follow the Nurture Curriculum. The SMSC offer is based around the PSHE reform of 2020 to cover all essential topics.

Secondary Phase

Years 8-11 cover all relevant topics based around the new PSHE 2020 framework. Students in all years have standalone 90 minutes of SMSC/PSHE lessons that are 45 minutes each.

- Emotional wellbeing
- Keeping safe and healthy
- Social media
- Alcohol
- Tobacco and drugs
- Sexual health
- Respectful relationships
- Families and parenting
- Financial choices
- Careers and your future
- Living in modern Britain

These are the key themes that are explored on a scaffolded basis to ensure that all subjects are revisited on an annual basis and explained in more detail so that students are fully aware and equipped with the knowledge needed when they leave Bramfield House School

A range of learning strategies are used:

In PSHE lessons, an emphasis is placed on planned discussions, role-play activities, group-work and problem-solving.

All staff will endeavour to provide a safe and comfortable learning environment through the establishment of clear Ground Rules, which are made explicit to the students and reinforced consistently. Visiting speakers contribute to the taught curriculum. Beyond timetabled PSHE lessons/days, students are supported in applying the skills they are learning, in real-life situations as they arise: e.g. resolving conflicts; working as part of a group on a project. Students are encouraged to take part in a range of practical activities to promote active citizenship, e.g. charity fund-raising; the planning of special events at school; community involvement; school council meetings; recycling; and by taking on roles of responsibility within school.

At both Key Stages

Some elements of PSHE are delivered through the students Core Curriculum – e.g. Economic Awareness and Personal Finance is delivered through Maths, The science curriculum covers a number of health related issues. The RE curriculum includes topics such as prejudice, race, actions and consequences as well as a wide range of ethical issues. In addition to this, elements of PSHE are also taught within other subject areas e.g. Science, Geography, English, History, and Maths.

Assemblies

Whole school and year group assemblies provide opportunities to enhance students' understanding of the core values of the school as well as celebrating students achievement. There is a weekly assembly programme in place for all years, however if the opportunity arises for students to have a specific assembly delivered in relation to, for example, National Non-Smoking day, Anti-Bullying Week or Safer Internet Day it is possible for this to happen.

Similarly, if we receive information on upcoming initiatives (such as how to remain safe online delivered by the NSPCC), an assembly will be arranged.

Occasional Events

Occasional off-time tabled sessions on specific topics/areas of interest are arranged as appropriate. There are a number of presentations from visiting professionals on topics such as drugs and alcohol abuse, internet safety and personal safety.

Equal Opportunities

All students have an entitlement to access the PSHE curriculum. All students will have access to appropriate resources within the school. These will reflect a multi-cultural society, without stereotyping or discrimination. All students are given the opportunity to participate in all activities regardless of sexual orientation, race or ability.

Subject Review and Monitoring

The PSHE elements of the curriculum are planned and monitored by the Primary and Secondary Curriculum Leads

Links with other policies

This policy links particularly to the following policies, Safeguarding and Online Anti-bullying.