



Believe. Achieve. Succeed.

PSHE Policy

July 2015

Review Date: July 2017

Seahouses Middle School

PSHE Policy 2015

Aims and Objectives

The aims of personal, social and health education are to enable the children to:

- Know and understand what constitutes a healthy lifestyle;
- Be aware of safety issues;
- Understand what makes for good relationships with others;
- Have respect for others;
- Be independent and responsible members of the school community;
- Be positive and active members of a democratic society;
- 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;
- Take part in a range of practical activities that promote active citizenship;

Teaching and Learning of PSHE

We use a range of teaching and learning styles with many opportunities for children to work collaboratively and take part in activities including discussions, drama, games, investigations and problem solving. All year groups receive half a year of PSHE lessons in their form class. As well as PSHE lessons the PSHE curriculum is also taught through other subjects including Science, ICT and PE. We also develop PSHE through a wide range of activities and whole school events including our annual Community Week, Fund raising events, visiting speakers and assemblies. We offer a residential visit to a Kingswood Centre in Year 6 where there is a particular focus on developing pupils' self-esteem and giving them opportunities to develop leadership and team building skills. We are constantly looking for ways to promote the spiritual, moral, cultural, mental and physical development of our pupils and preparing them for the opportunities, responsibilities and experiences they will encounter in the wider community and world.

Overarching Concepts we promote

- Identity (Their personal qualities, attitudes, skills, attributes and achievements and what influences these)
- Relationships (Including different types and in different settings)
- A Healthy balanced lifestyle (Including within relationships, work, life, exercise and diet)
- Risk and Safety (Managing risk including behaviour and strategies in different settings)
- Diversity and Equality (In all its forms)
- Rights and Responsibilities (Including fairness and justice in different contexts)
- Change and Resilience (The skills, strategies and 'inner resources' we can draw on when faced with challenging circumstances)
- Power (How it is used and encountered in a variety of contexts including persuasion, bullying and negotiation)
- Career (Including enterprise and economic understanding)

Core Themes

- 1) Health and well being
- 2) Relationships
- 3) Living in the wider world and being a responsible citizen

Whole School Projects to Promote PSHE and Fundamental British Values

- Show Racism the Red Card
- Hate Crime Workshops
- Holocaust Memorial Project
- HIV Awareness Workshops Years 6, 7 and 8
- NSPCC Workshops Years 5 and 6
- Voting for School and Sports Council
- Assemblies on range of themes: Prejudice, courage, charity, being different, conflict, beliefs, equality, tolerance and disability
- Year 8 Sports Leader Project to develop leadership skills
- Visit of Paralympic athlete Craig McCann
- Community Week:
 - National Trust Litter Pick – Year 5
 - Sponsored Walk in aid of Cancer Care – Year 6
 - Tea Party for OAPs – Year 7r
 - Summer Fayre in aid of RNLI – Year 8

Other Charities supported

North East Childrens Cancer Run
Sports Relief
Comic Relief
Lepra
Save the Children

PSHE Scheme of Work 2015 - 2016

	Autumn	Spring	Summer
Year 5	E Safety Staying healthy Staying safe Values – Honesty / Hope	Road Safety – Bikability Values – Love / Loyalty / Friendship Respect and Tolerance	Conservation – caring for the environment Values – Peace / Patience / Happiness Managing change - puberty
Year 6	E Safety Anti-bullying Healthy Bodies	Respecting the Planet Drugs	Respecting others Sex and Relationships The world of work – “My teacher is a vampire”
Year 7	Aspirations Rights and responsibilities Courage and resilience E Safety	Healthy living Refugees – dance Prejudice and stereotyping Making choices	Charities Sex and Relationships Laws Careers and world of work – Northumberland Business Partnership
Year 8	Youth Parliament Health and lifestyles Relationships E Safety	Gender stereotyping Staying safe on line Charity	Homelessness Rights and responsibilities Sex and Relationships Careers and world of work – Northumberland Business Partnership