

# Ellesmere Port Catholic High School

## **PSHCE (Personal, Social, Health and Citizenship Education)**

### **Status**

Recommended

### **Aims and Objectives:**

Our children will be guided, encouraged and taught to:

- Develop confidence and responsibility and make the most of their abilities
- Develop a healthy, safe lifestyle
- Develop good relationships and respect the differences between people
- Develop their own voice and opinions
- Learn to play an active role as citizens of the world
- Make the most of their own and others abilities

We achieve these aims through:

- Discrete curriculum time
- Teaching PSHCE in and through other subject areas (including RE and collective worship)
- Participation in activities and social events.
- Our school values system- Student characteristics and assemblies.
- Knowing how to stay as healthy as possible
- Knowing how to keep themselves and others safe
- Being able to form worthwhile and fulfilling relationships
- Respecting the differences between people
- Developing independence and responsibility
- Playing an active role as members of our democratic society

This approach enables our children to become confident, creative and caring.

Personal, Social, Health & Citizenship Education is the provision of activities, experiences and guidance which enable the children to reflect and make informed decisions. We place an emphasis on active learning by including the children in discussions, investigations, problem solving activities and making decisions. We encourage children to take responsibility and reflect on experiences, eg children organising charity fundraising, planning of special events, involvement in activities to help groups or individuals less fortunate than themselves, including: our individual class charity activities, appeals. We invite visitors to share expertise, skills and experiences, to provide added value to the school's work. These visitors include: Police liaison officer; Authors; Artists; School nurses; Athletes and other members of the local community, eg parent with a new baby or pet, life when small (grandparents – a long time ago), past students sharing their career or areas of interest.

Opportunities are planned as discrete, whole school or cross curricular through the topic cycle to ensure effective provision of PSHE and citizenship. This will be detailed in our 5 year plan. All children including those with special needs and the most-able, have learning opportunities matched to individual needs. We also take into account targets set for children in ILP's (Individual Learning Plans), eg self-esteem, behaviour needs. We deliver the PSHE and

citizenship curriculum through lessons (1 hour every two weeks), form time, assemblies and RE lessons.

## **Purpose**

To know and understand what constitutes a healthy lifestyle including physical and emotional health;

- Be independent and responsible members of the school, local and wider community and an active member of society.
- Be aware of the real opportunities and risks which may affect pupils and to have confidence in responding appropriately;
- Develop self-confidence and self-esteem, and make positive, informed choices regarding personal and social relationships;
- Develop positive relationships with other members of the school and the wider community and demonstrate respect for other people and their beliefs.
- The aims of this policy are enhanced by our school mission statement of “I have come that they may have life and have it to the full.”

## **Teaching and Learning**

We ensure that we use a range of different teaching and learning styles throughout all our sessions. PSHCE is delivered through discrete curriculum time. The planning of the sessions enable the pupils to take part in a number of pair/group discussions, role-plays, involvement in problem solving activities and promote the core British values developed elsewhere in the curriculum. Additional sessions will be arranged in conjunction with outside agencies as appropriate.

## **Who was consulted?**

The programme has been developed in line with national curriculum guidance, PSHE Association and areas covered are appended.

## **Relationship to other policies and documents**

The policy relates to the Child Protection, Drugs, Careers, Assessment and Reporting, Work Experience and Sex and Relationships Education and SMSC Policies.

The Equality Act of 2010

## **Roles and responsibilities**

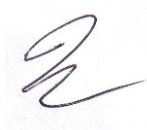
**The Headteacher** will ensure:

- Pupils will follow a structured programme in Years 7-11 as detailed in the appendix.
- Pupils in Year 12-13 will follow a tailored programme as detailed elsewhere.

## **Arrangements for monitoring and evaluation**

Evaluation will be carried out by pupils and teachers. The feedback will be analysed by the PSHCE Co-ordinator. The results will determine the strengths and development needs of the programme.

**Signed on behalf of the Governing Body**



**(Chair)**

**Date**

**October 2018**

**Date for Review:**

**July 2019**

**Lead for Review:**

**PSHCE Co-ordinator**

**Governor Committee:**

**School Community**

**Appendix**  
**Areas covered in PSHCE**

**Yr 7**

Personal Development including Who Am I?  
Study skills – Learn 2 Learn  
Citizenship  
Relationships and Sex Education  
Road Safety  
Bullying inc. cyberbullying  
Healthy lifestyles

**Yr 8**

Personal Development  
Multiculturalism in British Society  
Relationships and Sex Education  
Road Safety  
Bullying inc. cyberbullying

**Yr 9**

Personal Development  
Drugs/Alcohol/Tobacco Awareness  
Dangers on the street  
Emotional Intelligence  
Careers  
Relationships and Sex Education  
Citizenship

**Yr 10**

Study Skills  
Drugs, alcohol, tobacco and gambling awareness  
Career development – visits from employers, universities etc.  
Careers interviews  
Financial awareness  
Relationships and Sex Education

**Yr 11**

Careers Action Plans and CV/Application Forms  
Practice Interview and Careers Convention  
Revision Guide and Exam Preparation  
Wellbeing – physical and mental health matters  
Drugs awareness  
Relationships and Sex Education  
Financial awareness  
Citizenship

NB Many of these areas will also be covered elsewhere in the curriculum, for example Science lessons considering healthy lifestyles, Drama in dealing with the range of, and expression of human emotions, or History examining the changing nature of British Society.