

Elmley Castle C.E. First School

A Little Piece of Heaven on Earth

Executive Headteacher Mr Phil Croke

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PSHE Policy 2021

(Including Mental Health and Wellbeing)

Approved by: The Full Governing Body

Date: March 2021

Last reviewed on: March 2021

Next review on: March 2023

Produced by Nadia Underwood

A Little Piece of Heaven on Earth

‘ May God give you heaven’s dew and Earth’s richness.’ Genesis 27:28.

‘As a community we grow and flourish together. Through our core values, we seek a lifelong love of learning, pursuing wisdom and excellence so everyone achieves their best. We create opportunities to explore our own sense of spirituality and encourage all to live with thankful, forgiving hearts, respecting the preciousness of our world.’



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PSHE including Mental Health and Wellbeing Policy

Introduction

This policy outlines the purpose, nature and management of the PSHE/Mental Health and Wellbeing taught in our school. PSHE is a *non-statutory subject*. The non-statutory element is to allow teachers the flexibility to deliver high-quality PSHE Education *specific to the needs of our children at Elmley Castle C of E First School*.

This policy reflects the consensus of opinion of the whole teaching staff. It has been drawn up as a result of staff discussion and has the full agreement of the Governing Body.

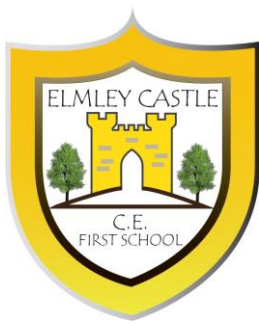
The implementation of the policy is the responsibility of all teaching staff.

Aims

We aim to promote positive emotional health and wellbeing so pupils can better understand and express their feelings and to build their confidence and emotional resilience to increase their capacity to learn.

"Schools can be confident that a focus on wellbeing and mental health not only enables them to provide healthy and happy school environments for pupils and staff and prepare the citizens of tomorrow with sound character and values, but also directly supports their more immediate mission: the promotion of effective learning" Prof Katherine We are, Partnership for Wellbeing and Mental Health in Schools"

- Our pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of our school and community. In doing so, we aim for them to learn to recognise their own worth, work well with others and become increasingly responsible for their own learning.
- The classroom and school environment will provide rich and varied contexts through which pupils can reflect on their experiences and understand how they are developing personally and socially.



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Through our PSHE/Mental health and wellbeing curriculum, we aim to promote pupils' spiritual, moral, social and mental development and to prepare them for the opportunities, responsibilities and experiences of life.

Objectives We want our pupils to develop the ability to:

- Develop confidence and responsibility and make the most of their abilities.
- Prepare to play an active role as citizens.
- Develop a healthier and safer lifestyle.
- Develop good relationships and respect the differences between people.
- Understand the British Values and how they have a responsibility in the community to follow these values.

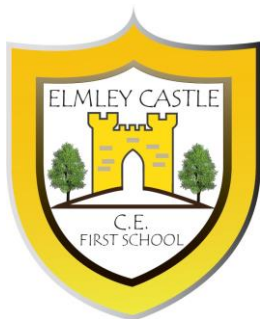
Implementation

Each staff member is responsible for teaching PSHE/ Mental and Emotional Wellbeing and British Values to the pupils in their own class following the guidelines in the Whole School Plan and Scheme of Work (See PSHE and Wellbeing Curriculum Map)

This policy has links with other school policies and with our mission statement, all of which aim at promoting pupils' spiritual, moral, social and cultural development and reference should be made to the Sex Education Policy.

PSHE cannot be confined to specific timetabled time. We have a variety of forms of provision, which include:

- Teaching PSHE/ Mental and Emotional Wellbeing and British Values in discrete curriculum time.
- Teaching PSHE/ PSHE/ Mental and Emotional Wellbeing and British Values through other curriculum areas as part of topic based approach.
- Absorbing PSHE/ Mental and Emotional Wellbeing and British Values experiences through whole school days, school events and visits.
- Developing PSHE/ Mental and Emotional Wellbeing and British Values skills through our underlying ethos as described in mission statement.



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Our whole school approach also includes:

- Promoting a Healthy School Lifestyle
- Anti-bullying through playground games
- Regular Circle time
- School Council
- Residential visits for Years 4 and 5.

Planning, Assessment and Recording

The Programmes of Study in the National Curriculum state 'what' should be taught and provide the basis for long term planning. See whole school plan in appendix. Medium term planning is shown on curriculum topic webs with key opportunities and learning outcomes identified. Short term planning focusing on 'how' the medium term will be taught is individual to each teacher.

Planning is monitored by the co-ordinator.

Assessment takes place through observation, discussion and recording of children's work in journals. A long term summative assessment is recorded in the annual report to parents.

Resources

PSHE/Sex and Relationship Education (SRE)/British Values - Resources

- School whole school curriculum plan
- Circle time whole school plan and resources
- Health for Life 1 – A teacher's planning guide to Health Education in the Primary School – Nelson
- Health for Life 2 – A teacher's guide to the three key topics – Nelson
- I am, I know, I can – Tacade
- Self Esteem – WCC Education Department
- Health Education Syllabus – WCC Education Department
- You, Me, Us! – Social and Moral Responsibility for Primary Schools - Citizenship Foundation
- Personal, Social and Health Education Answers – A cross-curricular programme for Primary schools - Collins Education
- Getting Personal 1 & 2 - Folens
- The Happy Healthy Harold 1-3 - Life Education Centre UK
- Dealing with Feeling – Tina Rae
- Support for Schools – Life Education Centre
- Because I'm Special – Margaret Collins
- Peer Mediation Training for Young People – Hilary Cremin



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- Let's Mediate – Hilary Stacey and Pat Robinson
- 101 games for self-esteem – Jenny Mosely
- Skills for the Primary School Child – Child Protection lesson cards
- Parachute games

VIDEOS

- Stop, Look, Listen – Look After Yourself, Teachers' Guide – Channel 4 Schools
- Good Health – The Good Health Guide to Eating, Drinking, Working, Resting and Playing 9-11 year olds – Channel 4 Schools
- Good Health – What Should I do? 7-11 year olds – Channel 4 Schools
- Peer Mediation Training for Young People – Hilary Stacey