

## **Ditcham Park School Personal, Social and Health Education and Citizenship Policy**

Updated Autumn2020/21

### **Introduction**

At Ditcham Park School we believe that PSHE and Citizenship for both the Senior and Junior School should enable children to become healthier, more independent and more responsible members of society. PSHE covers all aspects of the school's planned provision to promote pupil's personal, social and moral development - including health and well-being and British Values.

The study of PSHE /Citizenship promotes the development of personal and social skills and the provision of opportunities to help develop and stretch the skills of enquiry, communication, participation and responsible action.

The study of PSHE/Citizenship enables pupils to have the knowledge and understanding to become informed citizens.

The objectives of PSHE and Citizenship are to enable pupils to:

- Understand what makes good relationships and how to respect others.
- Develop self-confidence and self-esteem, and make informed choices; regarding personal and social issues.
- Know and understand a healthy lifestyle.
- Be aware of safety issues.
- Be responsible citizens and understand their rights and responsibilities.
- Be positive and active members of a democratic society. • Understand and respect all ethnic groups and communities.
- Develop knowledge and understanding of the global community.
- Learn and understand the criminal justice system.

Making sure that we adhere to the Spiritual, Moral, Social and Cultural objectives and Fundamental British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance of other faiths and beliefs.

### **Teaching and Learning Style**

A range of teaching and learning styles are installed to meet the PSHE and citizenship requirements of the National Curriculum. The main responsibility of teaching and learning of PSHE is by the class Tutor and or Support Tutor in the Senior School and by the class teacher in the Junior School.

Usually, this amounts to one 25-minute tutorial session per week this is often connected to the assembly theme and topic, which happens before the lesson, in the Senior School. These sessions are based around discussions and short problem-solving activities which can be seen on the Long Term Plan. Class Teachers and Senior Tutors also have a vital role in supporting the pupils on a daily basis during registration periods and throughout the day. The pupils are then able to add information and ideas into their own discussions and classwork.

There is also an overlap between the programme of study for Religious Education and PSHE, taking into account the Social, Moral and Cultural development of the pupils. As well as the British Values as advised by the DfE.

This is also extended to all subjects. Other areas of teaching PSHE are delivered in assemblies and with the invitation of outside speakers, with special emphasis on relationships and sex education (RSE), cyber bullying, alcohol, drug, sustainable living, climate change, relationships and gender related issues.

Pupils are also encouraged to take part in a range of tasks that promote active citizenship for example fund-raising for a huge variety of charities, the planning of special school events such as Drama, Music, Arts Evenings as well as Duke of Edinburgh activities. Each class takes part and creates assemblies. Public speaking competitions, ISA competitions (English, Music, Sport and Art) community work and working around the school e.g. Head/ Deputy Boy and Girl, Senior School and Junior School Prefects, Digital and Curriculum Leaders and other senior school pupils with clear responsibilities often spend time helping in the Junior School at Sports Day and any special events which take place such as at Christmas and Easter, extending pupils' spiritual and social development.

House activities also promote socialisation between the year groups and indeed the Seniors and Juniors. Each pupil is placed in a House from the start of their School career: Charlton, Nyewood, Buriton and Harting. There are weekly and termly activities to enhance the social skills of each pupil all linked to the House system. Activities such as 'The Tug of War' and Sports Day bring pupils together in a Sporting Capacity; 'The Hopeful Earth Conference' and Climate Strikes help the pupils to understand and develop their understanding of legal boundaries and morality.

The Ditcham Park Election Campaigns aligned with national UK events and again within this house system, also help to promote the British Values, rule of law and democracy and SMSC ideologies. Charities week, where all ages vote and work together in their Houses; this is key to gaining mutual respect and using social skills with external agencies such as Cancer Research, The British Heart Foundation and Make a Wish Foundation are but a few examples.

### **Within the classroom**

PSHE is covered in all lessons - through the concept of British Values, whole school ethos and Spiritual, Moral, Social and Cultural values - is also explored through the variety of curriculum topics.

### **Aims and Objectives for the Junior School**

**The Foundation Stage:** PSHE is taught as an integral part of topic work. We relate all aspects of the EYFS PSHE curriculum to the children's Early Learning Goals (ELG's). Our teaching in PSHE matches the aim of developing a child's personal, emotional and social development as set out in the ELG's. We also support citizenship education in EYFS when we teach lessons based around 'how to develop a child's knowledge and understanding of the world'.

**Key Stages One and Two:** We teach PSHE in a number of ways. It can be taught as a discrete subject which is timetabled weekly for 30minutes (eg when teaching about personal safety or road safety etc.) or linked with other subjects (eg Geography and caring for the environment: We offer pupils the opportunity to find out more about the school, its grounds and the surrounding area, as well as the wider world) There is a large overlap between the programme of study for Religious Education and the aims of PSHE, so a considerable amount of our curriculum is delivered in RE lessons as well. Additionally, PSHE lessons may take place on an impromptu basis when the need arises, especially if

we are following a national event such as anti-bullying week, or if there has been a pastoral incident (such as the loss of a pet, or friendship challenges at break times)

**Teaching PSHE for children with SpLD:** We teach PSHE to all children regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of the children with SpLD, so that all children can access the provision and are able to succeed. For more able pupils, teachers provide additional opportunities to take responsibility, develop leadership skills, think creatively and use their talents in the wider community.

### **Assessment for learning**

The teachers assess the children's work in PSHE and Citizenship by making informal judgements, as they observe them during lessons and through formal judgements of the work done. We have clear expectations of what pupils will know, understand and be able to do at the end of each Key Stage. Children's progress is discussed in the reports, at parents' evenings and at appropriate times if any specific problems arise. We do not set any formal examinations in PSHE and Citizenship.

### **Resources**

Resources including DVDs and books that support topics are kept in each class. Staff refer to websites such as BBC Newsround and The Day for relevant news articles.

### **Assessment for learning**

The teachers assess the children's work in PSHE and Citizenship by making informal judgements, as they observe them during lessons. The child's progress is discussed in the reports, at parents' evenings and if any specific problems arise. We do not set any formal examinations in PSHE and Citizenship. Resources

## **Aims and Objectives for the Senior School**

**Year 7** PSHE and citizenship is taught mainly by a class tutor, during the 25 minute weekly session. The topics covered in year one are: relationships and friendships, bullying, cyber bullying and identity, healthy living, body image and personal safety; revision and exam techniques as well as rights and responsibilities. The sessions on bullying also include the teaching of the mentoring system at Ditcham Park School and making sure Year 7 understand how to use the support system and what to do if they find themselves or a friend being bullied. We also have outside speakers on body image, sex education throughout the year.

**Year 8** The teaching and learning of PSHE and citizenship in Year 8 is undertaken again by a class tutor during the weekly 25 minutes session. The topics covered in the tutorial sessions are: family related issues, rights and responsibilities and young offenders, living in a diverse community and respecting others, as well as choosing G.C.S.E Options. We also have outside speaker on such topics as, body image, cyber bullying, drugs and sex education throughout the year.

**Year 9** The teaching and learning of PSHE and citizenship in Year 9 is mainly taught by a class tutor in the 25 minute weekly tutorial sessions after assembly. The topics covered are: the consequences of underage sex, drugs and binge drinking, mental health and well-being, taking responsibilities for their actions. Racism in Britain and Gang and knife culture. Sex education is also covered in science during the spring term. PSHE is also taught in the RE curriculum for Year 9 where the topics covered

are: Morality, Death, Medical ethics, prejudice and discrimination and genocide. We also have outside speaker on cyber bullying, drugs and sex education throughout the year.

**Year 10** The teaching and learning of PSHE and citizenship in year 4 is mainly taught by a class tutor in the 25 minute weekly tutorial sessions, after assembly. The topics covered are: Active citizenship and Being British, the power and responsibility of the media, citizen's rights and responsibilities, British political parties, regional and local government and world conflict and refugees. The CCFE programme includes topics such as how to create a CV for college are tackled, as well as preparing for college interviews. We also have outside speaker on this topic, drugs and sex education throughout the year.

**Year 11** Topics for the CCFE programme, as in much of the PSHE and Citizenship programmes are subject to adjustments throughout the year. The programme is presented on a weekly basis by the Head of Careers and class tutors. This is comprised of expanding on CV writing, personal qualities, self-discipline, time management and further education college applications and interviews. Each pupil creates targets and self-reflection for the year ahead as well as responding to predicted grades. Mock examination preparation and revision are also key. As well as alcohol, drugs awareness and sex education which are delivered throughout the year, often by outside speakers. Human rights and finances, law and politics are also covered.

### **PSHE and Citizenship curriculum planning**

In the Juniors, the responsibility for the planning and teaching of PSHE and citizenship lies with class teachers using the long term plan as guidance and overseen by the Head of Juniors

In the Seniors, the planning of PSHE and citizenship is the responsibility of the PSHE/RE Head of Department. Each week the Head of Department sends out lessons to YEAR 7-10 and this is also saved on Google Classroom for the staff. Head of CCFE works on the PSHE and Citizenship programme alongside of college applications and preparation for the year to come for Year 10.

Other members of staff also contribute to the PSHE programme in terms of the Pastoral side to the programme (the Pastoral coordinator in Seniors specifically) as well as their subject specific areas. An external programme is run alongside all years in the Seniors for Sex Education and Drugs awareness; Science covers sex education in years one and three and relationship development is introduced in PSHE lessons.

The SLT are responsible for the Sex education and Drugs awareness policies for the school. Good practice in all lessons means that many Citizenship and PSHE topics are covered in the all lessons by teachers and practitioners at Ditcham Park School; meaning therefore that the ethos is maintained and strengthened on a daily basis. This practice is also informed by SMSC and British Values objectives.

During the RSE sessions in the seniors, the Head of PSHE is on hand to assist each lesson and work around each group in a peripatetic fashion several times a term.

### **Assessment for learning**

The teachers assess the children's work in PSHE and Citizenship by making informal judgements, as they observe them during lessons. The child's progress is discussed in the reports, at parents' evenings and if any specific problems arise. We do not set any formal examinations in PSHE and Citizenship.

**Resources** are kept with the PSHE coordinator in the seniors, many of which are now on-line and also saved onto Google Classroom for the teachers to use and refer on a daily basis - if needed. Many teachers use online resources such as 'The Day' and Hodder and Stoughton's Dynamic learning package to enhance and develop discussion topics - videos and the spoken word also inform many of our lessons. As well as recommendations from outside speakers and organisations who deliver PSHE.

### **Monitoring and Review**

It is the responsibility of the Head Juniors and the Head of PSHE/ RE to monitor the planning and coordination of work supporting teachers and Tutors in their teaching and delivering of PSHE.

Helen Parrott (Head of Juniors)

Jane Browning (Head of PSHE, Seniors)

Autumn 2020