



PSHE/RSE Policy

Review Frequency:	2 years
Last reviewed:	Nov 22
Next review date:	Nov 24

Our Academy Vision

Trevithick Learning Academy is a place of learning, laughter and fun. We nurture independent lifelong learners by developing children's natural curiosity and creativity. The children of Trevithick Learning Academy are the life of our school, all decisions and developments are made with their well-being and success at the forefront of our minds. Trevithick's core values of Dream, Drive, Duty and Dazzle support our adventurous approach to education which leads to happy confident learners

Rationale

Our school vision and ethos is strongly supported through, and embedded in, the delivery of our PSHE whole-school approach to the curriculum. At our school we are committed to ensuring that the emotional and social needs of all our children are met within our school environment, and we support the development of children's health and wellbeing, self-esteem and confidence.

As part of providing a broad and balanced PSHE curriculum, we are able to nurture and support the spiritual, moral, cultural, social, mental and physical development in young children and promote the fundamental British values in young lives. We support children to develop the knowledge, skills and understanding they need to lead confident, healthy and independent lives, and become responsible citizens. We prepare our pupils for the opportunities, responsibilities and experiences of life, recognising that our school vision is crucial to this learning and should be at the heart of whole-school development.

Aims and Objectives

This policy outlines our school's practices and procedures relating to the delivery of our whole-school PSHE curriculum. We believe that education in PSHE enables children to become healthier, more independent and more responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing, we help to develop their sense of self-worth.

It is vital that our PSHE curriculum provides opportunities for our children to explore their attitudes, values and beliefs about themselves and to develop the skills, language and strategies necessary to manage these issues should they encounter them in their lives.

Our PSHE curriculum is designed around three core themes spread across the three terms of the school year and where appropriate, interwoven into experiences linked to our curriculum as a whole. Research suggests that PSHE is most effective when content and context most relevant to a school's own pupils is carefully selected from within these themes.

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

The teaching of sex and relationships education (SRE) will be woven into the 'Health and Wellbeing' theme and will be delivered at the end of the school year in Summer 2.

We aim to provide our pupils with:

- Accurate, balanced and relevant knowledge
- Opportunities to turn knowledge into personal understanding
- Opportunities to explore, clarify and if necessary, challenge their own and others' values, attitudes, beliefs, rights and responsibilities
- The skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives
- Opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem and empathy

Planning, Teaching and Learning

At Trevithick Learning Academy, we will be following planning guidance from the PSHE Association. All sessions will be delivered in a safe, supportive environment with clear ground rules and expectations set out beforehand.

- Each term is split into three smaller themes
- PSHE will be taught according to individual teacher timetables with a minimum of two sessions per smaller theme. These can be delivered either in shorter weekly sessions or one/two longer sessions.
- Some areas of PSHE and SRE will be covered within other curriculum areas, e.g science, PE, Digital Citizenship etc.
- Sessions will be planned in advance but will also reflect the changing times in which we live.
- Learning and skills within the sessions will be age appropriate and progressive for each year group.
- Teaching will take into account the age, ability, readiness and cultural backgrounds of our children to ensure they can all fully access PSHE education provision.
- The planning and teaching of PSHE and SRE will be carried out by class teachers in conjunction with our SENCO and Assistant Head.

Curriculum content

Each core theme has several focuses for objectives and learning which covers Key Stages 1 and 2. The content offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness as they move through the primary phase. Each core theme has a number of smaller themes within it which make up the curriculum. Please see our PSHE overview on the website for further details of the objectives covered within each year group.

Core theme 1: Health and Wellbeing	Core theme 2: Relationships	Core theme 3: Living in the World
<ul style="list-style-type: none"> *Mental Health *Physical Health *Keeping Safe *Growing and Changing 	<ul style="list-style-type: none"> *Families and Friendships *Respecting ourselves and others *Safe relationships 	<ul style="list-style-type: none"> *Belonging to Community *Money and work

Sex and Relationships Education (SRE)

At Trevithick Learning Academy, we believe that SRE provides vital learning opportunities for our children, with strong links to the Science curriculum.. We follow the PSHE Association for our SRE objectives and ensure that all sessions are taught with sensitivity and age-appropriateness.

Parents do have the right to ‘opt-out’ of SRE sessions and must do so in writing, to the Head of School. We make the assumption that if a parent chooses to ‘opt-out’, they will therefore cover and deliver the relevant content at home. Please note, the option to ‘opt-out’ only applies to SRE and not the core themes of PSHE.

SRE Curriculum Content

KS1	My Special People Growing up: The Human Lifecycle Everybody’s Body
LKS2	What makes a good friend? Falling out with Friends Introduction to puberty
UKS2 - Year 5	Puberty Physical hygiene Changing emotions and feelings Menstruation and wet dreams
UKS2 - Year 6	A recap of puberty Changing and becoming independent Positive healthy relationships How babies are made

Assessment, Recording and Reporting

Our teachers assess the children’s work in PSHE both by making informal judgements, as they observe them during lessons, and through a range of AFL strategies, deciding themselves whether children have met the specific learning objectives set out in the

curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage.

Links to other policies

This policy runs alongside and in support of several other school policies, including:

- Child protection/Safeguarding
- Confidentiality
- Anti-bullying
- Curriculum
- Behaviour

Monitoring and Review

The Head of School, Assistant Head and SENCO are responsible for coordinating, monitoring and evaluating the standards of children's progress and achievement, and quality of teaching within PSHE.

Governors will review this policy every two years

Useful Links and Websites for additional information

- https://cwpresources.co.uk/resources/sre_pri/
- <https://www.pshe-association.org.uk/>