



PSHE POLICY

Document History	
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Linked Documents:	Safeguarding Policy, Behaviour Policy, Relationships and Sex Education Policy Curriculum Policy
Linked External Documents	DfE guidelines PSHE Association guidelines and resources NSPCC guidelines

The primary aim of PSHE at St Edward's is to equip pupils with the necessary decision making and reflective skills to enable them to lead fulfilling and healthy lives. A coaching style is adopted and pupils reflect on and develop their own values and decision making, particularly when in what might be regarded as 'pressure situations'.

Pupils are frequently reminded, in line with school pastoral and safeguarding policies, about the support and help available to them throughout their time at the school as well as how to access support when they leave school.

The Assistant Head Pastoral and Assistant Head of PSHE, plan and lead the PSHE programme and are supported by other members of experienced staff including a number of HMs, the Chaplain and the Deputy Head Pastoral.

Roles and responsibilities

The **Assistant Head Pastoral** is responsible for creating, implementing and maintaining this Policy, as well as being responsible for all of the operational matters associated with this Policy.

The **Deputy Head Pastoral** ensures that all teaching Staff understand the Policy and their responsibilities within it and that the Policy is consistently implemented in all departments, including identifying training needs.

All **Teaching staff** must understand their responsibilities defined in this Policy and seek to carry out the requirements, seeking support from the Assistant Head pastoral or Deputy Head Pastoral where needed.

The **Warden and Sub-Warden** are responsible for approving this Policy.

Shells, 4ths and 5ths

PSHE (Personal, Social, Health, and Economic Education) is timetabled for all pupils in Shells and Fourths with two lessons per cycle and is timetabled for the Fifth form with one lesson per cycle.

The focus of the Shell, 4th and 5th curriculum is on a series of questions and content designed to encourage good judgements and healthy decision making. This forms the basis of a character and values-based curriculum which can then be applied to a range of adolescent scenarios.

Our intention is that, in addition to their parents, we help equip our pupils for the times when they are making decisions and navigating their world.

Based on the guidelines published by the PSHE Association and Department for Education, and fulfilling the statutory requirements, the school follows a spiral curriculum (i.e many topics are revisited in an age appropriate way as the pupil moves through the school) in which the following themes are addressed:

- Relationships and Sex Education (for which there is a separate policy)
- Addictions – including drugs, vaping/cigarettes, gambling, alcohol, phone
- Well-being – including mindfulness, diet, exercise and sleep
- Prejudice and Discrimination – the Equality Act and in particular– disability, race and gender

- Digital Awareness – including online safety
- Self-esteem – confidence in mind and body
- Living in the Wider World – looking after my future

Sixth Form

For Lower sixth (Year 12) and Upper sixth (Y13) pupils a number of seminars, workshops and lectures are provided to encourage further exploration and discussion of issues important to our young people.

For all pupils

In addition to timetabled lessons the pastoral programme is delivered via House and School Assemblies, tutor time, lectures, through in-house discussion with House Nurses, Matrons, Peer Listeners and other House Staff. This list is not exhaustive but may include:-

- Mobile phone use
- Internet safety and social media awareness
- Gender stereotyping
- Bullying
- Race and LGBTQ+ awareness
- How to have positive Mental Health
- Relationships and Sex Education

Furthermore, the school will on occasion collapse the timetable of a year group and have a half or full day 'conference' to supplement and re-enforce the issues being focused on elsewhere.