



# **HILBRE HIGH SCHOOL HUMANITIES COLLEGE**

## **PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE) POLICY**

Author:  
Name of Committee approved:  
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Date to be reviewed:

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## **INTRODUCTION:**

Personal, Social and Health Education (PSHE) helps to give students the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Students 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 at local, national and international level. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning.

They reflect on their experiences and understand how they are developing personally and socially; tackling many of the spiritual, moral, social and cultural issues that are part of growing up. They also find out about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of communities. They learn to understand and respect our common humanity, diversity and differences, so they can go on to form effective, fulfilling relationships that are an essential part of life and learning.

## **THE TEACHING OF PSHE:**

PSHE is delivered in a number of ways at Hilbre High School Humanities College:

- All students in Key Stage 3 spend 1 hour every week in a dedicated PSHE lesson.
- All students in Key Stage 4 spend 1 hour every two weeks in a dedicated PSHE lesson.
- Students participate in additional workshops and opportunities to focus on PSHE and related areas throughout the academic year.
- Students at Hilbre High School Humanities College follow a rich and diverse curriculum, where they are encouraged to develop their interpersonal skills. Many topics which feature in the humanities curriculum challenge their ideas about themselves and the world in which they live.

## **OTHER PSHE OPPORTUNITIES:**

The ethos of Hilbre High School Humanities College contributes greatly to the wider PSHE curriculum. Students are encouraged to take an active role in the school community, through fund-raising activities and the Student Council. Students are encouraged to take part in a wide range of extra-curricular activities, at lunchtime and after school. Students' health is actively promoted through the Physical Education curriculum.

Wherever possible and following published guidelines, we encourage the use of visitors to enrich the PSHE programme. This includes members of the school community, local community representatives, staff from Brook, Police Officers, drugs project workers, local employers, providers of theatre in education projects, and others.

## **LEGISLATION (STATUTORY REGULATIONS AND GUIDANCE):**

It goes without saying that student involvement and activity in the PSHE curriculum is not going to be promoted by a didactic style of teaching. Materials should be provided that encourage different styles of learning, developing students' learning habits and, therefore, their character. These are:

- Collaboration: Working effectively with others.
- Listening to understand.
- Empathising with feelings and views.
- Imitation: Picking up good habits from others.

- Independence: Working effectively alone.
- Questioning: Asking questions to get below the surface.
- Making links and recognising relevance.
- Imagining how things could be and seeing a range of possibilities.
- Reasoning: Thinking rigorously, methodically and giving explanations.
- Capitalising: Using resources purposefully.
- Managing distractions and sustaining concentration.
- Effective use of time.
- Noticing details.
- Perseverance: Overcoming frustration and difficulty.
- Planning your learning in advance.
- Adapting: Reflecting and making changes.
- Distilling what you have learnt and what you need to learn.
- Meta Learning: Talking about how you have been learning.

### **REVIEWING THE POLICY:**

In the light of the above, we recognise the need to:

- Review and update all programmes on a regular cycle.
- Involve students and parents/carers in reviewing and challenging our practice in PSHE delivery.
- Hold Parents Evenings' to consult with and inform parents/carers of developments.
- Continue to organise regular programmes of CPD for Form Tutors and teachers of PSHE.
- Work with a wide range of agencies: Police; Health Service; local youth services and others to improve the range of activities offered and to ensure they are adequately resourced, effectively managed and well delivered.

### **CONCLUSION:**

The provision of PSHE in Hilbre High School Humanities College says much about the values and ethos of the school. Hilbre students are good citizens - their annual fund-raising for charity and their support for a range of causes demonstrates this. Students have generally positive attitudes towards sexual health, healthy lifestyles, mental health and well-being and substance misuse. They are well-informed about career options and subject choices and are well prepared for life as members of the community.

However, no-one is complacent and we believe that more can yet be done to promote the aims and values of the PSHE Framework; specifically to develop our student's resilience and attitude to their own emotional health and wellbeing. This will be achieved by continuing to gather student voice, further involve the students in the design and content of the personal development curriculum and to prioritise the training and development of Form Tutors and PSHE teachers within our school CPD program.

### **SAFEGUARDING:**

Teachers are aware that effective PSHE, which brings an understanding of what is and what is not appropriate in a relationship, can lead to a disclosure of a child protection issue. Teachers will consult with the Designated Safeguarding Lead (DSL) following any disclosure.

Visitors/external agencies which support the delivery of PSHE, will be required to sign in, have an up to date DBS, not be left alone with students and report any disclosures to the DSL or Progress Leader for PSHE.

**PSHE POLICY REVIEW DATE:**

This policy will be reviewed by the Progress Leader for PSHE and Governors regularly and by July 2021 at the latest.

This will ensure that Hilbre High School Humanities College is continuing to meet the government guidance and ensure that students have access to high quality learning and teaching in PSHE.

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