



ED00440 - PSHE



Introduction

Esland Online School's Personal, Social, Health and Economic (PSHE) Education policy is based on current Department for Education's Statutory Relationship education, RSE and health education guidance which sets out what schools must cover. Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. The school's Relationships and Sex Education responsibilities are outlined in the separate RSE Policy.

The statutory guidance is comprehensively covered by learning opportunities for each key stage across three core themes: 'Health and Wellbeing', 'Relationships', and 'Living in the wider world', even though much of 'Living in the Wilder World' is not included in statutory requirements, this core theme is equally important. PSHE will also cover economic wellbeing, careers and enterprise education, as well as education for personal safety, including assessing and managing risk.

Statement of Intent

As a school committed to life-long learning, we believe that education for our pupils includes not only the subjects of the national curriculum, but more importantly communication, life and social skills. We aim therefore to teach the pupils the skills necessary for self-care and living that others may take for granted. We want our pupils to become successful members of the wider community and actively promote inclusive educational opportunities for pupils from our school. This includes ensuring that there is a close partnership between ourselves and the wider community.

Teaching and resources will be differentiated as appropriate to meet the needs of individual pupils in order to support them in making choices and keep safe whilst building positive relationships in school, home and the community

PSHE at Esland Online School

At Esland Online School we believe that our school creates an environment where all are proud of their achievements and showing respect for others is at the heart of our community. Our PSHE provision is personalised and appropriate to meet the individual needs of our pupils within the different pathways.

At Esland Online School we use the PSHE Association Scheme of Work, as well as Jigsaw PSHE for our Nurture group. PSHE is not an isolated subject and is delivered developmentally throughout life and as an integral part of our school curriculum, and as such is addressed throughout other curriculum areas where appropriate. This may include Sex Education in Science or Healthy Eating in Food and Cookery.

We strive to prepare our pupils with the skills to lead a safe and healthy life where they are able to make their own, independent choices. Pupils will develop their abilities to:

- Decide what is right and fair
- Make choices
- Respect rules and agreements

- Contribute to decision making systems
- Co-operate with others when playing or working
- Understand risk with the knowledge and skills necessary to make safe and informed decisions

PSHE enables pupils to understand their emotions, the needs of others, health, safety and wellbeing. Also providing our pupils with every opportunity to develop the knowledge, skills and understanding they will need to become caring and responsible citizens in a diverse and ever changing society.

Aims of PSHE Education

We aim to:

- Teach pupils strategies to develop the knowledge, skills and attributes they need to manage their lives, now and in the future
- Provide effective ways for pupils to communicate their feelings
- Teach pupils to respect others opinions and points of view
- Encourage acceptance of others feelings
- Provide reassurance and a supportive environment
- Teach pupils to develop responsibility for their actions and understand consequences for their actions
- Support pupils to look out for their friends and peers
- Develop skills (communication skills, language, decision making, choice assertiveness) and make the most of their abilities
- Develop skills and attributes in order to make positive decisions to stay healthy, safe and prepare them for life and work in modern Britain.

Statutory Guidance

Statutory guidance on what should be taught covers three main themes; health and wellbeing; relationships; living in the wider world. PSHE will, as appropriate, focus on:

- Self-awareness
- Self-care, support and safety
- Managing feelings
- Changing and growing
- Healthy lifestyles
- The world I live in.

PSHE education is taught through both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the school. Content is delivered formally via timetabled lessons per week across all key stages, and is supplemented by assemblies, guest speakers and wider opportunities. PSHE education helps pupils to manage their physical and emotional changes, introduces them to a wide world and enables them to make an active contribution to their communities. PSHE education acknowledges and addresses the changes of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Pupils learn to manage a diverse relationships, their online lives and the increasing influence of peers and the media. PSHE education reflects the fact that pupils are moving towards an independent role in adult life, taking on greater responsibility for themselves and others. PSHE is taught in conjunction with our RSE Curriculum.