



Gwladys Street Community Primary

and

Nursery School

PHSEe Policy 2025

PHSEe POLICY

This policy is written according to the ethos of the school and to ensure we meet the aims and vision of our school:

SCHOOL MOTO

Golden Opportunities for Achievement and Learning

VISION STATEMENT

To provide the stepping stones for a successful and fulfilling future with the Gwladys Street Family, celebrating generations of success.

AIMS

We want our school to be one:-

- 1. Where everyone has access to an engaging, creative and challenging curriculum that promotes a love of learning.**
- 2. Where everyone feels safe, happy and secure in our learning community.**
- 3. Where everyone works in partnership with the wider school community.**
- 4. Where Golden Opportunities are provided in an Inclusive Setting.**
- 5. Where everyone respects each other and works as a team to achieve our GOALS.**
- 6. Where children develop lively, enquiring minds, self confidence and independence.**
- 7. Which promotes a healthy lifestyle and positive, spiritual and moral values.**

Personal Social Health Education and economic (PSHEe) and Citizenship Policy

Aims and Objectives

At Gwladys Street Primary School, Personal, Social and Health Education economic (PSHEe) and Citizenship enables our children to become healthy, independent and responsible members of society. Our pupils are encouraged to develop their sense of self worth by playing a positive role in contributing to school life and the wider community. They learn how society is organised and governed and experience the process of democracy in school through the school council. We provide opportunities for them to learn about rights and responsibilities and appreciate what it means to be a positive member of a diverse society.

Our aims are to enable the children:

- To recognise their own worth;
- To work well with others;
- To develop positive relationships and respect for others;
- To understand our common humanity, diversity and differences;
- To know and understand what constitutes a healthy lifestyle;
- To develop safety awareness;
- To be positive and active members of a democratic society;
- To develop self-confidence and self-esteem, and make informed choices regarding personal and social choices;
- To form good relationships with other members of the school and the wider community.

Intent

Due to the social context of the school, Personal, Social and Health Education is a vital part of Gwladys Street's curriculum. It reflects our desire to provide the best possible education opportunities for the whole community it serves.

We ensure that the school is inclusive where all children aim high, achieve well, develop self-confidence, resilience, positive values and beliefs, understand how to care for themselves and have a caring attitude towards others.

We equip our children with the knowledge and strategies on how to live healthy, live safely and responsibly. Our intent is to help support our children to develop resilience and skills to manage life's challenges and make the most out of opportunities, becoming responsible citizens.

1. Ensuring children celebrate and appreciate the diverse community of the school.
2. Giving children the vocabulary to express their thoughts and feelings, enabling them to become confident in their own rights and responsibilities, allowing them to stand up for what they believe in.
3. Enabling children to build on their prior knowledge by using progressive and transferable skills that make PSHE an exciting and rewarding subject here at Gwladys Street Community Primary School.
4. Enabling children to develop self-awareness, manage their feelings, develop their social skills, developing their motivation to be effective learners

Implementation

The resource 'Jigsaw' is used to deliver discreet lessons each week.

Children use Zones of Regulation on a daily basis to help themselves regulate their own emotions.

Calm zones and mindfulness areas around classrooms and schools.

Each classroom has a display of the nine characteristics for equality and are used by the teaching staff in the classroom.

The whole curriculum has planned opportunities to teach safe messages and other PSHE objectives to consolidate learning.

Through focused teaching, children will be taught a range of subject specific and age appropriate vocabulary, allowing them to draw on these in individual lessons.

Specialist visitors are invited to school to discuss PSHE themes eg. Anti-Bullying, Anti-Racism.

Online safety is promoted daily through children accessing the internet/using a range of devices and themed weeks.

School is a participant of the Walk to School, the year-round walk to school challenge to promote healthy living.

Children have the opportunity to become part of the Mini-Police to develop their sense of citizenship working alongside Merseyside Police within the local community

Impact

Children are able to make responsible and healthy choices to become confident citizens. Children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty.

Children demonstrate resilience to their work.

Children understand how to keep themselves safe at home and at school and who can support and help them.

Children use digital devices safely and understand how to report unacceptable behaviour. Children can understand the different lifestyles that others may have. They are able to be respectful and tolerant towards others who may live differently to themselves. Children can demonstrate their understanding and support their views with reasoning. Maintain positive relationships with a diverse range of family and friendship groups. Children's attendance and outcomes will become in line with national expectations as barriers are removed for children to become successful

Teaching and learning

We use a range of teaching and learning strategies encouraging the children to actively participate in activities such as discussions, role play, games, investigations and problem-solving. We encourage the children to take part in a range of practical activities that promote active citizenship, e.g. charity fundraising, the planning of school special events such as an assembly, or involvement in an activity to help other individuals or groups less fortunate than themselves. We organise classes in such a way that pupils are able to participate in discussion to resolve conflicts or behaviour and also participate in small group work to develop self-esteem and confidence. Children have opportunities to meet and work with members of the community, such as health workers, fire fighters, police, Positive Futures, Childline , Everton in the Community and representatives from the local church, whom we invite into the school to talk about their role in creating a positive and supportive local community. Children also take different roles of responsibility during their school life through roles in school such as the school council.

PSHE and Citizenship curriculum planning

We teach PSHE and citizenship in a variety of ways. Most of the objectives are covered in dedicated PSHE times. Many of the objectives are revisited through other areas of the school's curriculum e.g. RE, Assemblies, Science, numeracy and literacy also by mirroring the attitudes and expectations of behaviour promoted by adults in the school.

We also develop PSHE and citizenship through activities and whole-school events e.g. the school council representatives from each class meet regularly to discuss school matters, classes visit places of worship and each year group participates in an annual school trip. We offer a residential trip to KS2, where there is a particular focus on developing pupils self esteem and giving them opportunities to develop leadership and co-operation skills.

Throughout school in many of our topic lessons children study topics which inform them of PSHE e.g. Young entrepreneurs, healthy eating, saving the world.

A programme of study has been bought for the whole school so that children have a broad and varied PSHE curriculum that is pitched at the national standard for their year group. The new programme of study, Jigsaw, enables all staff to be teaching the same unit at the

same time, making a whole school approach to the teaching of PSHE. Jigsaw is a progressive curriculum that builds on the children's prior knowledge from the previous year group. Jigsaw holds children at its heart and its cohesive vision helps children understand and value who they are and how they fit and contribute to the world.

The PSHE curriculum is broken down into the following units:

Autumn 1: Being me in my world.

Autumn 2: Celebrating differences

Spring 1 Relationships

Spring 2: Healthy me

Summer 1: Dreams and goals

Summer 2: Changing me.

Picture News

Children have access to Picture News resources. This is a resources aimed at both EYFS and Key Stage 1 and 2. Picture News aims to provide schools with resources to create engaging and exciting lessons, allowing opportunities for children to learn about our world, develop independence, resilience, respect and unlock their own drive and passion for learning. Each week has a different theme and is based around current events happening now in the world.

Foundation Stage

We teach PSHE and Citizenship in the Foundation Stage as an integral part of the topic work covered during the year. We relate the PSHE and Citizenship aspects of the children's work to the areas of learning set out in the Foundation Stage guidance to develop a child's personal, emotional and social development. We also support Citizenship Education in the Foundation stage through other areas of learning such as Knowledge and Understanding and Communication, Language and Literacy.

Teaching PSHE and Citizenship to children with special educational needs

At Gwladys Street Primary School, we teach PSHEe and Citizenship to all children, regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of children, including those who are gifted and talented or have learning difficulties. When teaching PSHE and Citizenship we take into account the targets set for the children in their one page profile.

Social and Mental Health

Here at Gwladys Street Primary School we truly value our children's social and mental health. We ensure that this runs through all areas of the school curriculum and in extra

curriculum life. We spend dedicated time twice daily making sure our children's social and mental health needs are met.

Assessment and recording

Assessment needs to value and recognise what pupils have done or completed successfully, thereby raising their self-esteem and well-being. A variety of approaches to the assessment of individual achievement will therefore need to be practiced. Each class will also have a floor book to be able to show progress and achievement of children in their class. At the start of each new unit children will complete a mind map of what they know in pencil. They will then come back to this at the end of the unit and add in what they now know in a blue pen.

Resources

The Jigsaw programme of study include a wide range of resources, including PowerPoints and photos for staff to have access to whilst teaching PSHE. The Learning Mentor is available to work with individual children and group work. The school has a range of books dealing with aspects of PSHE including healthy food and making the correct choices. We also have school council, eco council, circle time, parachute games and all of the resources from the SEAL pack. The Learning Mentor visits all classes to discuss behaviour, friendship and relationships within school and the family. The PSHE coordinator has also compiled a list of online resources for staff to use.

Monitoring and review

The PSHE and Citizenship Co-ordinator is responsible for monitoring the standards of children's work and the quality of teaching. This person supports colleagues in the teaching of PSHE and Citizenship, by giving them information about current developments in the subject. Strengths and weaknesses in the subject and areas for further improvement are discussed with the head teacher and colleagues.

Signed:

Date:

Appendix 1

Being me in my world

Year group	Vocabulary used
Year 1	Safe, Special, Calm, Belonging, Special, rights, Responsibilities, Rewards, Proud, Consequences, Upset, Disappointed
Year 2	Worries, Hopes Fears, Belonging, Rights, Responsibilities,

	Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Praise, co-operate, Problem-solving
Year 3	Welcome, Valued, Achievements, Proud, Pleased, Personal goal, Praise, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Fears, Worries, Solutions, Support, Rights, Responsibilities, Learning Charter, Dream, Behaviour, Rewards, Consequences, Actions, Rights, Responsibilities, Fairness, Choices, Co-operate, Challenge, Group dynamics, Team work
Year 4	Included, Excluded., welcome, Valued, Team, Charter, Role, Job description, School Community, Responsibility, Rights, Responsibilities, Democracy, Reward, Consequence, Democratic, Decisions Voting, Democracy, Authority, Contribution, Observer, Decisions, Choices, UN Convention on Rights of Child
Year 5	Education, Appreciation, Opportunities, Goals Motivation, Vision, Hopes, Challenge, Rights, Responsibilities, Citizen, Denied, Empathise, Refugee, Persecution, Conflict, Asylum, Migrant, Wealth, Poverty, Prejudice, Citizen, Privilege, Deprive, Rewards, Consequences, Choices, Learning Charter, Cooperation, Participation
Year 6	Goals, Worries, Fears, Value, Welcome, Choice, Ghana, West Africa, Cocoa plantation, Cocoa pods, Machete, Rights, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Behaviour, Rewards, Consequences, Empathise, Learning Charter, Obstacles, Responsibilities, Cooperation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Democracy, Decision, Proud

Celebrating difference

Year group	Vocabulary used
Year 1	Similarity/similar, Same as, Different from, Difference, Similarity, Bullying, Bullying behaviour, Deliberate, On purpose,

	Unfair, Included, Bully, Bullied, Celebration, Difference, Special, Unique
Year 2	Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Bully, Purpose, Difference, Kind, Unkind, Feelings, Sad, Lonely, Help, On Purpose, Stand up for, Male, Female, Difference, Diversity, Fairness, Kindness, Friends, Special, Unique, Different, Similarities, Value
Year 3	Family, Loving, Caring, Safe, Connected, Difference, Special, Conflict, Solve it together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Unkind, Feelings, Tell, Consequences, Hurtful, Solve it together Compliment, Special, Unique, Similarity
Year 4	Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Influence, Appearance, Opinion, Attitude, Judgement, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem, solve, Cyber bullying, Text message, Website, Troll, Special, Unique, Characteristics, Physical features, Impression, Changed, Assumption, Influence
Year 5	Culture, Conflict, Difference, Similarity, Belong, Culture wheel, Racism, Colour, Race, Discrimination, Culture, Ribbon, Bullying, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem-solving, Indirect, Direct, Texting, Happiness, Continuum, Developing world, Celebration, Artefacts, Display, Presentation
Year 6	Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Male, Female, Diversity, Transgender, Gender diversity, Courage, Fairness, Rights, Responsibilities, Power, Struggle, Imbalance, Control, Harassment, Bullying, Bullying behaviour, Direct, Indirect, Argument, Recipient, Para Olympian, Achievement, Accolade, Disability, Sport, Perseverance, Admiration, Stamina, Celebration, Difference, Conflict

Relationships

Year group	Vocabulary used
Year 1	Family, Belong, Different, Same, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Qualities, Skills, Self belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate
Year 2	Family, Different, Similarities, Special, Relationship, Important, Cooperate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, Not acceptable, Friends, Likes/dislikes, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Surprised, Happy, Sad, Frightened, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Positive, Negative, Appreciate
Year 3	Men, Women, Male, Female, Unisex, Role, Job. Responsibilities, Differences, Similarities, Respect, Stereotype, Conflict, Solution, Problem solving, Friendship, Win-win, Safe, Unsafe, Risky, Internet, Social media, Private Messaging (PM), Gaming, Global, Communications, Transport, Interconnected, Food journeys, Climate, Trade, Inequality, Needs, Wants, Rights, Deprivation, United Nations, Equality, Justice, Happiness, Celebrating, Relationships, Friendship, Family, Thank you, Appreciation
Year 4	Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Strategy, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hopelessness, Relief, Acceptance, Depression, Souvenir, Memento, Memorial, Loss, Memories, Special, Remember, Friendships, Negotiate, Compromise, Trust, Loyalty, Anger, Betrayal, Empathy, Boyfriend, Girlfriend, Attraction, Pressure, Personal, Comfortable, Special, Love, Appreciation, Symbol, Care
Year 5	Characteristics, Personal qualities, Attributes, Self-esteem, Responsibility/Being responsible, Age-limit, Social network, Community, Online, Off line, Rights, Risky, Violence, Appropriate, Grooming, Trolled, Gambling/ betting, Trustworthy, Rights, Devices, Screen time, Social, Mental health, Physical health, Personal information, Safe, Choices, Vulnerable, Risk
Year 6	Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping, strategies, Power, Control, Authority, Bullying, Script, Assertive, Strategies, Risks, Pressure, Influences, Self-control, Real/Fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Control, Cyberbullying,

Healthy me

Year group	Vocabulary used
Year 1	Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Toiletry items, e.g. toothbrush, shampoo, soap, Hygienic, Safe, Medicines, Healthy, Unhealthy, Trust, Safety, Green Cross Code
Year 2	Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious
Year 3	Oxygen, Energy, Calories/ Kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated Fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Strategy, Advice, Safe, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice
Year 4	Friendships, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree / disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong
Year 5	Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Calm, Level-headed, Body image, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Pressure, Debate, Opinion, Fact, Choices, Healthy lifestyle, Motivation
Year 6	Responsibility, Choice, Immunisation, Prevention, Drugs, Effects, Motivation, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure

Dreams and goals

Year group	Vocabulary used
Year 1	Proud, Success, Achievement, Goal, Treasure, Coins, Goal, Learning, Stepping stones, Process, Garden, Dreams, Working together, Team work, Achievement, Celebrate, Learning, Challenge, Feelings, Obstacle, Overcome, Achieve, Goal, Stepping stones, Success, Celebration, Challenge, Feelings. Goals, Dreams, Garden
Year 2	Realistic, Proud, Success, Celebrate, Achievement, Goal, Strengths, Persevere, Challenge, Difficult, Easy, Learning together, Partner, Team work, Product, Dream bird, Group, Problem-solve, Dream, Garden, Proud
Year 3	Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions Future, Aspirations, Dream, Goal, Team work, Enterprise, Design, Cooperation, Challenge, Product, Team work, Cooperation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Obstacles, Frustration, 'Solve it together' technique, Solution, Team work
Year 4	Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive Attitude, Hopes, Disappointment, Fears, Hurt, Resilience, Positive experiences, Hopes, Plans, Cope, Help, Resilience, Self-belief, Motivation, Commitment, Team work, Enterprise, Design, Cooperation, Review, Learning, Strengths, Success, Celebrate, Evaluate
Year 5	Dream, Hope, Goal, Feeling, Achievement, Money, Grown up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Perseverance, Motivation, Aspiration, Culture, Country, Sponsorship, Communication, Support, Rallying, Team work, Cooperation, Difference
Year 6	Dream, Hope, Goal, Learning, Strengths, Stretch, Achievement, Personal, Realistic, Unrealistic, Feeling, Achievement, Success, Criteria, Learning steps, Feeling, Achievement, Money, Global, Issue, Suffering, Concern,

	Hardship, Money, Sponsorship, Suffering, Hardship, Empathy, Motivation, Admire, Respect, Achievement, Praise, Compliment, Contribution, Recognition
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Changing me

Year group	Vocabulary used
Year 1	Changes, Life cycle, Baby, Adulthood, Change Adult, Grown up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Change Feelings, Anxious, Worried, Excited, Coping
Year 2	Change, Grow, Life cycle, Control, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Change, Looking forward, Excited, Nervous, Anxious, Happy
Year 3	Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum/ Ova, Womb/Uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy
Year 4	Personal, Unique, Characteristics, Parents, Sperm, Egg/ Ovum, Penis, Testicles, Vagina/ Vulva, Womb/ Uterus, Ovaries, Making love, Having sex, Sexual Intercourse, Fertilise, Conception, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy
Year 5	Self, Self-image, Body image, Self-esteem, Perception, Characteristics, Aspects, Affirmation, Puberty, Menstruation, Periods Sanitary towels, Sanitary pads, Tampons, Ovary/ Ovaries,

	<p>Vagina, Oestrogen, Vulva, Womb/Uterus, Sperm, Semen, Testicles/Testes, Erection, Ejaculation, Wet dream, Larynx, Facial hair, Growth spurt, Hormones, Relationships, Conception, Making love, Sexual intercourse, Fallopian tube, Fertilisation, Pregnancy, Embryo, Umbilical cord, Contraception, Fertility treatment (IVF) Teenager, Milestone, Responsibilities, Change, Hope, Manage, Cope, Opportunities, Emotions, Fear, Excitement, Anxious</p>
Year 6	<p>Self-image, Self-esteem, Real self, Celebrity, Opportunities, Freedoms, Responsibilities, pubic hair, menstruation, semen, facial hair, erection, tampon, breasts, hormones, wet dream, ovulation, masturbation, sanitary towel, clitoris, testicles, sperm, penis, vagina, womb, fallopian tube, vulva, Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, Labour, Contractions, Cervix, Midwife, Attraction, Relationship, Pressure, Love, Sexting, Self-esteem, Negative body-talk, Choice, Feelings/emotions, Challenge, Mental health, Transition Secondary, Looking forward, Journey, Worries, Anxiety, Hopes, Excitement</p>