



THE KING DAVID HIGH SCHOOL

**PSHE &
CITIZENSHIP
POLICY**

2022/23

1. Aims and objectives

1.1 Personal, social, health and economic education (PSHE) and citizenship is about the development of key skills of the individual leading to empowerment and self-esteem so that our students become healthy, independent and 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 develop their sense of self-worth. We teach them how society is organised and governed. We teach them about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society.

1.2 The aims of personal, social and health education and citizenship are to enable the students to:

- Know and understand what constitutes a healthy lifestyle;
- Be aware of safety issues;
- Understand what makes for good relationships with others;
- Have respect for others;
- Be independent and responsible members of the school community;
- Be positive and active members of a democratic society;
- Develop self-confidence and self-esteem,
- Be able to make informed choices regarding personal and social issues;
- Develop financial capability skills for future economic well being
- Develop good relationships with other members of the school and the wider community.

All pupils need to feel valued and should be given the opportunities to succeed to the best of their abilities. Our school is dedicated to delivering teaching that is stimulating and appropriate to every pupil's needs, ensuring the inclusion of all pupils through carefully planned lessons.

PSHE is delivered through Citizenship days within the whole school ethos which continually promotes its central importance to a well- balanced, pupil centred curriculum.

2. Teaching and learning style

2.1 We use a range of teaching and learning styles. We place an emphasis on active learning by including the pupils in discussions, investigations and problem-solving activities.

2.2 We encourage pupils 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 open evenings, or involvement in an activity to help other individuals or groups less fortunate than themselves.

2.3 We offer students the opportunity to hear visiting speakers, such as health workers, police, and representatives from the different organisations whom we invite into the school to talk about their role in creating a positive and supportive local community.

3. PSHE and citizenship curriculum planning

3.1 The PSHE Co-ordinator, in liaison with other staff and professional agencies, will devise a suitable scheme of work to ensure all aims and objectives of the course are achieved.

3.2 We teach PSHE and citizenship in a variety of ways. In some instances, the sessions are taught by the PSHE Tutors in year groups. In other areas e.g. sex education, we teach PSHE and citizenship within year groups as a discrete subject using professionals in the specific field. Throughout the year there are a number of dedicated PSHE teaching days.

3.3. There is a large overlap between the programme of study for religious education and the aims of PSHE and citizenship. We teach some of the PSHE and citizenship through our religious education lessons.

3.4 We also develop PSHE and citizenship through activities and whole-school events, e.g. fund raising and charity events.

3.5 We also organise team building days, where there is a particular focus on developing pupils' self-esteem and giving them opportunities to develop leadership and co-operative skills.

4. Objectives

i) To develop self-awareness and self-confidence by enabling pupils to:

- Explore personal feelings, values and beliefs.
- Develop a reflective self-awareness in relation to the emotional, social, cultural, moral and intellectual dimensions of life.
- Develop an imagination and creativity.

- Set personal and academic goals, identify ways to achieve them, review and monitor them.
- Develop a sense of purpose, enterprise and optimism.

ii) **To develop personal skills pupils should:**

- Develop the ability to persevere.
- Show initiative and develop their own independence and self-reliance.
- Communicate effectively.
- Develop problem solving skills.
- Be provided with the opportunities to appreciate what they are capable of achieving and always strive to achieve their best.

iii) **In relating to others, pupils should:**

- Develop positive relationships with their peers.
- Respect British values and the life-styles and opinions of others even if they are different from their own.
- Co-operate and participate in groups and organisations
- Value themselves and others.

iv) **In developing knowledge and skills for a changing world pupils should:**

- Be able to access relevant and up-to-date information.
- Challenge their own values and attitudes positively and constructively.
- Positively manage stress and change.
- Develop the skills of managing and resolving conflict.

v) **In developing a sense of responsibility to self, and society pupils will be able pupils to:**

- Understand the need for rules and laws in and orderly society.
- Develop an attitude of respect for self and others.
- Act in a responsible manner and appreciate the fact that they are responsible for the consequences of their action or inaction.
- Develop key skills and understand the importance of a good global and British citizen

CONTENT

PSHE Programme shows continuity and progression throughout Key Stages 3 and 4. It identifies Cross Curricular Themes, Skills and Dimensions. The taught curricular is only part of PSHE, other subjects and extra-curricular activities also make a contribution.

CORE THEME 1: HEALTH AND WELLBEING

This core theme focuses on:

1. What is meant by a healthy lifestyle?
2. How to maintain physical, mental and emotional health and wellbeing
3. How to manage risks to physical and emotional health and wellbeing
4. Ways of keeping physically and emotionally safe
5. Managing change, including puberty, transition and loss
6. How to make informed choices about health and wellbeing and to recognise sources of help with this
7. How to respond in an emergency
8. To identify different influences on health and wellbeing Suggested learning opportunities

CORE THEME 2: RELATIONSHIPS

This core theme focuses on:

1. How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts
2. How to recognise and manage emotions within a range of relationships
3. How to recognise risky or negative relationships including all forms of bullying and abuse
4. How to respond to risky or negative relationships and ask for help
5. How to respect equality and diversity in relationships

CORE THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING AND BEING A RESPONSIBLE CITIZEN)

This core theme focuses on:

1. respect for self and others and the importance of responsible behaviours and actions
2. rights and responsibilities as members of families, other groups and ultimately as citizens
3. different groups and communities
4. respecting diversity and equality and how to be a productive member of a diverse community
5. the importance of respecting and protecting the environment
6. where money comes from, keeping it safe and the importance of managing it effectively
7. The part that money plays in people's lives

8. A basic understanding of enterprise

Learning Approaches

Vital to the success of good PSHE is the building of pupils' self-esteem, by fostering a learning climate that positively values the contribution of individuals, whilst actively seeking to eliminate negative attitudes and behaviour.

The teaching and learning strategies employed are as important as the content covered. The following techniques should be used when appropriate.

- Discussion
- Problem Solving
- Learning through Experience
- Simulation
- Games
- Group Work
- Role-Play
- Accessing Data
- Debate
- Graffiti Sheets
- Brainstorms
- Case studies

Role of Head of PSHE

The role of the Head of PSHE is as outlined by the general school policy and job description and includes the following responsibilities:

- To prepare a policy and schemes of work, evaluating and reviewing as necessary.
- To co-ordinate and lead the implementation of the policy throughout the school.
- To monitor and support the teaching of PSHE throughout the school
- To monitor and maintain the condition and availability of resources within the school's budget
- To keep up to date with developments and use appropriately
- To provide staff training when necessary
- To liaise with colleagues in school and outside agencies as appropriate, in order to further develop the opportunities for pupil engagement.

Role of PSHE Teacher

In line with the ethos of the school PSHE teachers should:

- Make themselves aware of the relevant policies
- Familiarise themselves with the programmes of study and be aware what should be taught, and which teaching strategies to use.
- Offer a variety of teaching and learning styles should be used to enable students to fully develop appropriate skills, knowledge and attitudes.
- Through teaching PHSE, teachers will be better able to guide and support their pupils' educational and personal development during their years at King David High School.
- Have a key role enabling their pupils to higher the standards of achievement throughout the curriculum, by reviewing progress, action-planning and counselling pupils to achieve their best.

Resources

Resources are kept on the staff shared area on the school's intranet. All teachers have access to them.

Monitoring and Review

The Head of PSHE is responsible for monitoring the standards of pupils' work and the quality of teaching. The Head of PSHE also seeks potential opportunities for training and subject development. The Head of PSHE is also responsible for writing the PSHE action plan. This will involve evaluating strengths and weaknesses in the subject and Personal, Social, Health and Economic education (PSHE) & Citizenship Policy.

Reviewed July 2022