



# St Matthew Academy

## PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE)

### Policy

*Our motto is 'Let your light shine'. It is taken from St Matthew's Gospel and captures our belief in the uniqueness of each individual. Our aim is to ensure that the talents and strengths of each pupil are encouraged, developed and celebrated*

Successful, confident learners

High expectations, outstanding achievements

Inclusive, caring, Catholic community

Nurturing talent, cultivating ambition

Excellence for all

<b>Date of Approval</b>	<b>Autumn 2020</b>
<b>Review Date</b>	<b>Autumn 2022</b>

## 1. Rationale

Personal, Social and Health Education (PSHE) at St Matthew Academy endeavours to help pupils to lead confident, healthy and responsible lives as individuals and members of the St Matthew Academy and local community.

Through work in lessons and a range of activities across and beyond the curriculum, pupils gain practical knowledge and skills to help them live healthily and deal with the spiritual, moral, social and cultural issues they may face as they approach adulthood.

PSHE gives pupils opportunities to reflect on their experiences and to reflect on their personal development and character. It helps pupils to understand and manage a wide range of relationships responsibly as they mature and to show respect for the diversity of, and differences between people. ('Protected characteristics' in line with the Equality Act).

It also develops pupils' well-being and self-esteem encouraging belief in their ability to succeed as well as enabling them to take responsibility for their learning and future choice of courses and careers.

PSHE at Key Stage 3 and 4 builds on the pupils' own experiences and work done in Key Stage 1 and 2 here at St Matthew Academy. It also compliments the school curriculum covering areas such as politics, the law, the family, the environment, relationships, British Values, e-safety, self-awareness and the media as well as SMSC.

## 2. Aims of the PSHE Programme

To engage pupils with the three core themes (taken from the **PSHE Association** website) of:

### Health and Well-Being

- To enable pupils to make informed choices when considering the development of a healthy, safer lifestyle.
- To develop programmes of study and experiences which will enhance pupils' self-respect and confidence and encourage them to take responsibility for themselves and their actions.
- To allow pupils to develop lively, enquiring minds so that they can be capable of independent thought and formulate their own opinions.
- To enable all pupils to develop as fully as possible their interests, abilities and aptitudes and to make additional provision for those who are in any way disadvantaged.

### Relationships

- To provide pupils with the experience of the Academy as a caring, supportive community in which there is equal provision of opportunity, regardless of gender, race, culture ability or socio-economic background.
- To give pupils the confidence to discuss difficult issues by encouraging non-judgemental participation by pupils and staff.
- To develop social skills that are necessary to work successfully with other people both inside and outside of the Academy environment.

### Living in the Wider World

- To develop a curriculum that enhances pupil's knowledge and experience and allows them to learn about themselves and the society in which they live.
- To establish partnerships between the Academy and the community to support development of an understanding of the wider community eg through charity work.
- To encourage appreciation of, interest in and concern for, the environment.

- To provide pupils with the necessary skills to respond effectively to social, economic and political changes as well as changing patterns of work.

### **3. The Context of the PSHE Curriculum**

- a) PSHE is not always delivered in specific PSHE lessons – there is crossover into different areas of the curriculum.
- b) The intention of our PSHE programme is to promote the ethos of St Matthew Academy that in turn contributes to all pupils’ personal development.
- c) At St Matthew Academy, PSHE is delivered within a whole school approach that includes:
  - Discrete curriculum time delivered by Form Tutors, specialist guests and other staff.
  - Teaching PSHE across the St Matthew Academy curriculum for example sex and relationships in RE and understanding different viewpoints and perspectives in English.
  - Delivering PSHE in the Primary phase through 6 calendared PSHE days.
  - Delivering PSHE through a rolling weekly programme in the Secondary phase; through the House System and Year Groups.
  - Delivering aspects of PSHE through pastoral care and guidance.
  - Delivering aspects of the PSHE curriculum through Tutor Group activities on designated mornings.
  - Providing a comprehensive choice of extracurricular enrichment clubs and activities.

### **4. PSHE Across the Academic Curriculum**

- Different aspects of the PSHE curriculum, are supported by the teaching of academic curricula across the Academy – as evidenced in the PSHE audit collated in 2019.
- In the core subjects of English, Maths and Science skills in enquiry and communication; aspects of financial capability and health; sex education and safety are explored.
- In RE religious and moral beliefs, values and practices that underpin and influence personal and social issues, are examined.
- In the noncore ‘option subjects,’ these elements of PSHE are further supported by specific reference to modern British values; environmental concerns; social diversity; moral, social and business ethics; the law; the world of work; healthy life styles and wellbeing and data protection, to name just a few.
- PSHE to include aspects of Careers Education guidance on sex and relationships; managing finance; guidance on drugs and alcohol education; healthy life styles and personal character development.

### **5. Pastoral Care, Guidance and Rewards**

St Matthew Academy is organised into Tutor Groups within Year Groups, from Reception through to Year 11 offering opportunities for pastoral care and guidance for individual pupils within Tutor Groups.

At St Matthew Academy, the pupils are also organised into three Houses: Mandela, Romero and Teresa offering opportunities to deliver aspects of the PSHE and other curricula through House activities, initiatives and assemblies.

Pupils’ achievements are recognised in assemblies, and celebrated in line with the St Matthew Academy Rewards Policy.

### **6. Outcomes**

By implementing the St Matthew Academy PSHE Policy through self-assessment and a documented body of work that shows the learning journey and personal development of every pupil, we hope to support the

development of our pupils into well-rounded young people, prepared to face the challenges of the 21<sup>st</sup> century with confidence. Our pupils' learning journey and personal development will be evidenced by their PCHSE folders containing materials reflecting learning about a wide variety of topics on the curriculum. These folders will also contain written reflections of pupils' experiences both as part of a Year Group and as a member of one of our Houses, each of which has their own distinct interpretation of the St Matthew Academy ethos.

The delivery of PSHE is a whole Academy responsibility. Currently, the PSHE curriculum is line managed by Deputy Headteacher in charge of Catholic Life and Personal Development and implemented by our Directors of Learning; Phase Leaders; tutors and classroom teachers in each of our Year Groups.

PSHE is also referenced in all curriculum areas as reflected in the PSHE audit.