



Personal, Social, Health & Economic Education (PSHEE) Policy

St Peter's School, York

January 2024

(Next review Christmas Term 2025)

St Peter's School, York comprises St Peter's 2-8 (for pupils aged 2 to 8 years), St Peter's 8-13 (for pupils aged 8 to 13 years) and St Peter's 13-18 (for pupils aged 13 to 18 years), collectively referred to in this policy as the School unless otherwise stated.

This PSHEE policy is supported by appropriate written plans and schemes of work which take into account the ages, aptitudes and needs of all pupils, including those pupils with an EHC plan. Our PSHEE curriculum does not undermine the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. It is demonstrated by the effective implementation of appropriate plans and schemes of work.

The aims of the PSHEE curriculum are to promote a broad and balanced curriculum with a programme of support, guidance and activities for all pupils, during which we will:

- promote the spiritual, moral, social, cultural and economic development of pupils;
- provide pupils with age-appropriate information in order that they can stay safe, be healthy, make a positive contribution and understand and achieve economic wellbeing;
- adapt the curriculum to introduce current or topical issues;
- encourage positive relationships through the whole school community which allow all pupils to feel valued and respected;
- encourage and promote a culture of tolerance, diversity and respect for other people, with particular regard to the protected characteristics under the Equality Act 2010;
- promote respect and;
- allow pupils to become successful learners, confident individuals and responsible citizens;
- prepare our pupils for the opportunities, responsibilities and experiences of adult life.

Our PSHEE curriculum will also cover areas such as e-safety, mental health and wellbeing, and draw upon our Sex and Relationship Policy.

Further details of what is covered in each school's curriculum can be found in the relevant departmental handbooks and scheme of work and in Appendix 1.

Authorised by

St Peter's Leadership Team

January 2024

Next Review

Christmas Term 2025

Appendix 1

St Peter's 13-18

W/C	3rd Form (Year 9) Lessons for Life
02	Mental Health and Wellbeing
09	Introduction to Mental Health
16	Resilience
23	Self Harm
30	Physical Wellbeing
Oct 07	Eating Disorders
14	Digital Awareness
	Half Term
Nov 04	Equal Relationships and Tolerance
	1. Protected Characteristics
11	2. Gender and Sexuality <i>Anti-Bullying week</i>
18	3. LGBT+ and Sexism Sexpressions Talk
25	4. Race and BLM
Dec 02	5. Neurodiversity <i>Disability week</i>
09	Consolidation
	Christmas Holiday
Jan 06	Friendships and Influence
	1. Healthy relationships
13	2. Alcohol and drugs
20	3. Vaping and Snus
27	4. Influence
Feb 03	5. Bystander effect and role models/Misogyny
10	6. Gangs and Knives
	Half Term
24	Relationships and Sex Education
	1. Introduction
Mar 03	2. Meaningful relationships
10	3. Contraception

17	4. Myths, reality and consent
24	5. Relationships going wrong
	Easter Holiday
April 21	Living in the Wider World 1. Self-Awareness
28	2. Aspirations and Developing Skills
May 05	3. GDPR and Consent
12 (Exams)	4. The Labour market
19 (Exams)	5. Stereotyping and Discrimination in the workplace
	Half Term
June 02 (<i>exams</i>)	Exam week
09 (<i>exams</i>)	Mindfulness and Revision support
16	Healthy lifestyle - Balance and Choices <i>World Wellbeing Week</i>
23	First Aid

W/C	4 th Form (Year 10) Lessons for Life
02	Mental Health and Wellbeing Introduction
09	1. Challenging negative thoughts
16	2. Spotting the signs
23	3. Emotional Wellbeing toolkit
30	4. Tech Control
Oct 07	Reading is your Superpower/Consolidation
14	5. Documentary
	Half Term
Nov 04	Understanding different types of Families 1. Marriage
11	2. Parenting skills <i>Anti-Bullying week</i>
18	Online Safety 1. Nudes
25	2. Pornography
Dec 02	3. Controlling personal information online
09	Consolidation
	Christmas Holiday
Jan 06	Positive Relationships 1. Agony Aunt
13	2. Comfort-Stretch-Panic
20	3. Lean on Me
27	4. Managing conflict in relationships
Feb 03	5. Break ups
10	Consolidation
	Half Term
24	Peer Influence 1. Alcohol
Mar 03	2. Stay safe Paramedic talk

10	3. Social media, role models, influence and grooming
17	4. Drug abuse
24	Consolidation
	Easter Holiday
April 21	Living in the Wider World: 1. Personal Development
28	2. Character Strengths
May 05	3. Career Stereotypes
12 (Exams)	4. Numeracy Personal Finance Talk
19 (Exams)	5. CVs
	Consolidation
June 02 (exams)	Mindfulness/Revision support HEALTH
09 (exams)	Exams
16	Citizenship 1. Being British
23	2. Radicalisation

W/C	5 th Form (Year 11) Lessons for Life
02	Mental Health and Wellbeing
09	1. Managing unrealistic expectations
16	2. Exam stress
23	3. Sleep is your Superpower
30	4. Motivation
Oct 07	5. Supporting others and Listening Skills
14	Consolidation
	Half Term
Nov 04	Sexual Wellbeing: 1. Introduction
11	2. Contraceptives
18	3. Pregnancy Choices
25	4. STIs
Dec 02	5. Alcohol and Sexual wellbeing Schools Consent Project Workshops
09	Consolidation
	Christmas Holiday
Jan 06	Trials
13	Positive Relationships: 1. Abusive Relationships
20	2. Abusive Relationships cont.
27	2. Respect and building positive relationships
Feb 03	3. Bullying and the bystander effect
	Half Term
24	Living in the Wider World: 1. Personal Development
Mar 03	2. Developing Career Identity and Values
10	3. Goal setting
17	4. Career Choices
24	5. Work Experience Personal Finance & Study skills
	Easter Holiday
April 21	Health in independent contexts (Festivals etc)

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Year 4 (J1)	
Half Term	Topic
Autumn 1	Friendships:
Autumn 2	Communities
Spring 1	Economic wellbeing Mental wellbeing
Spring 2	Families
Summer 1	British Values/citizenship & democracy
Summer 2	Staying healthy

Year 5 (J2)	
Half Term	Topic
Autumn 1	Media literacy
Autumn 2	Respect and bullying
Spring 1	Mental wellbeing
Spring 2	Staying safe
Summer 1	Managing change
Summer 2	Growing and changing

Year 6 (J3)	
Half Term	Topic
Autumn 1	Being a J3
Autumn 2	Puberty and reproduction
Spring 1	Health & hygiene Mental wellbeing
Spring 2	Media literacy
Summer 1	Friendships and staying safe
Summer 2	British values/citizenship & democracy

Year 7 (J4)	
Half Term	Topic
Autumn 1	Friendships and diversity
Autumn 2	Healthy lifestyles
Spring 1	Addictions and substances Mental wellbeing
Spring 2	Economic wellbeing
Summer 1	Relationships
Summer 2	Serving our community

Year 8 (J5)	
Half Term	Topic
Autumn 1	Service & expectations of Year 8 Friendships & managing influences
Autumn 2	Friendships & managing influences
Spring 1	Relationships
Spring 2	Relationships

Summer 1	Mental health and wellbeing
Summer 2	Moving forward

St Peter's 2-8

Years 1-3

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work.

Weekly PSHE lessons take place and the PSHE Association Programme of Study is used for Year 1-3. Learning opportunities are based on three core themes: Health and Wellbeing; Relationships; Living in the Wider World. These are enhanced through awareness days, such as Mental Health Day and Anti-Bullying Week, World Kindness Day, that run throughout the year.

Core Theme 1: Health and Wellbeing

- Healthy lifestyles (physical wellbeing)
- Mental health
- Ourselves, growing and changing
- Keeping safe
- Drugs, alcohol and tobacco

Core Theme 2: Relationships

- Families and close positive relationships
- Friendships
- Managing hurtful behaviour and bullying
- Safe relationships
- Respecting self and others

Core Theme 3: Living in the Wider World

- Shared responsibilities
- Communities
- Media literacy and digital resilience
- Economic wellbeing: money
- Economic wellbeing: aspirations, work and career

EYFS:

PSED lessons take place on a weekly basis in EYFS and focus on the development of the PSED Early Learning Goals.

Self-Regulation

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices

Building Relationships:

- Work and play cooperatively and take turns with others;
- Form positive attachments to adults and friendships with peers;
- Show sensitivity to their own and to others' needs