

Personal, Social, Health and Citizenship Education (PSHCE) Policy

Introduction and Aims

PSHCE is an integral part of every pupil's educational journey. It aims to give pupils the knowledge, skills and understanding they need to lead confident, healthy and independent lives and to become informed, active and responsible citizens. At King's College School (the 'School'), the spiritual, moral, cultural and social development of pupils is part of every scheme of work in all subjects from Reception through Year 8.

Through a wide range of PSHCE activities across the School curriculum, pupils learn to work well with others while recognising their own self-worth in the process. The experiences are designed to help pupils build confidence and become increasingly responsible for their own learning while gaining a greater understanding of their own personal development and relationships with their peers.

Pupils also learn about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of society.

Pupils learn to understand and respect our common humanity, diversity and differences so that they can go on to form effective and fulfilling relationships that are an essential part of life and learning.

Additionally, pupils in Years 5-8 are given the opportunity to reflect on their own experiences and, under the guidance of Staff, set targets to track their progress and understanding of their development, tackling many of the spiritual, moral, social and cultural issues they face as part of growing up.

The School actively seeks to develop opportunities for pupils to celebrate achievement graciously (their own and others) through School concerts, exhibitions, sport and drama productions.

Through a series of specific lessons, the School will provide every pupil with the opportunity to develop the knowledge, skills and attitudes to better understand their own health and development, the part they play in a global society, and to build the confidence needed to become independent, lifelong learners. The provision and development of the PSHCE programme reflects the School's aims and ethos as defined by the values of the 'King's Way': Kindness / Creativity / Strength / Community.

Teaching Objectives

The National Curriculum seeks to teach PSHCE through three core themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

The School follows the PSHE Association Programme of Study combined with bespoke materials designed to enhance and extend the curriculum throughout the School. This programme includes EYFS and the areas of study are set out below:

Key Stages 1-3:

- a) Developing confidence and responsibility and making the most of their abilities;
- b) Preparing to play an active role as citizens;
- c) Developing a safe and healthy lifestyle;
- d) Developing good relationships and respecting the differences between people.

EYFS:

- Communication and language
- Physical development
- Personal, social and emotional development

Curriculum Organisation

PSHCE lessons are delivered once a week in 30-40 minute lessons (depending on timetabling) across the whole school. In Pre-Prep, pupils have a dedicated fortnightly period of PSHCE. This is delivered by the class teaching team. PSHCE is also taught during form periods more regularly responding to issues as they arise in the form. In all other year groups, pupils have a dedicated weekly period of PSHCE. In all year groups, PSHCE is taught by Form Tutors, or by the Head of PSHCE in the case of timetabling restrictions.

The Heads of Pre-Prep and Juniors oversee the planning and preparation of the lessons for Reception through Year 4, in consultation with the Head of PSHCE. In Years 5-8, the Head of PSHCE writes and plans activities which are delivered by Form Tutors. Any immediate issues that present themselves in the School community are managed on an as needed basis and may become a focus of PSHCE that week for the relevant groups. PSHCE is also identified and taught through other areas of the curriculum and the learning objectives are planned alongside the subject learning objectives.

Curriculum enrichment and extended activities are encouraged and school trips and visiting speakers from all subject areas contribute greatly to the programme. Events that happen throughout the year also provide further opportunities for a broader provision: weekly assembly themes, specific school assemblies, the Year 8 Leavers' Programme, Activity Week and various charity days.

Relationship and Sex Education (RSE)

Relationship and Sex Education (RSE) involves learning about emotional, social and cultural development and includes learning about relationships, diversity, sexuality and personal identity.

The aims of RSE are to ensure pupils learn about different types of relationships including friendships, family relationships and dealing with strangers and how all of them may affect health and wellbeing, including mental health. Pupils in Years 7 and 8 also learn about intimate relationships.

Through PSHCE lessons and activities, pupils learn how to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent. Pupils also learn how to manage conflict and how to recognise unhealthy relationships.

RSE is delivered through the School's PSHCE curriculum. Pupils in Reception through Year 6 are taught Relationship Education in an age-appropriate way through their weekly PSHCE lessons. Pupils in Years 7 and 8 are taught Relationship and Sex Education through their PSHCE lessons with some of the biological aspects covered through the science curriculum.

There is a dedicated section on the School Portal that details which PSHCE topics are covered in each year group. There is also a comment box for parents / carers to provide feedback regarding the curriculum and engage in dialogue with the School.

Parents Right to Withdraw

The School believes that RSE is best delivered in its entirety, in order to provide children with a balanced and informed understanding of their rights and responsibilities and to safeguard them from potential harm. Nonetheless, parents of pupils in Years 7 and 8 have the right to request that their child be withdrawn from some or all of Sex Education but not from Relationships Education or from the teaching of sexual reproduction which falls within the Science curriculum. Requests for withdrawal should be put in writing and addressed to the Head. The Head will discuss the request with parents and an outcome will be agreed.

Resources

Resources are kept digitally in a centralised folder on the School network and staff are actively encouraged to use the resources to support their teaching. The Head of PSHCE will advise staff of relevant materials and ensure new publications are drawn to their attention through regular review of the provision. The PSHE Association's 'Programme Builder', stored on the School network, provides regularly updated links to quality-assured resources and is the main source of external resources in the department.

The School Library holds many excellent books and teachers are encouraged to use the Library to support and extend the topics being taught. Books should be age appropriate and should be reviewed by the teacher before using.

The internet is also a valuable resource. Teachers must ensure they have looked at all websites prior to their lesson and that the material viewed is only used to enhance pupils' learning.

Visitors invited as part of the PSHCE curriculum should be fully briefed as to their role in the lesson. They should also know what prior learning has taken place so that they have a better understanding of their contribution. Please see the School's *Visiting Speaker Policy* for further details.

Promoting Fundamental British Values

The School is committed to providing a secure environment for all pupils, staff and visitors where there is no place for the expression of extremist views of any kind. The School will provide a safe forum where teachers can encourage and facilitate pupils' discussion of controversial issues without bias or discrimination. The School's PSHCE curriculum is dedicated to promoting fundamental British values to help further the rounded development of our pupils. Please see the School's *Preventing Extremism and Radicalisation Policy* for further details.

Equal Opportunities

The School's aim is to give all pupils an equal opportunity of receiving high quality PSHCE teaching regardless of gender, race, belief, sexuality, background or ability. All children will have access to appropriate resources available in School, which reflect a multicultural society without stereotyping or discrimination.

Reflection and Feedback

Pupils across the whole school are assessed on their learning in an informal and age-appropriate way. Teachers in Reception through Year 4 capture pupil progress through various activities designed to identify where pupils need extra support or intervention. Pupils in Years 5-8 are periodically given online surveys to assess their perception of the learning. The feedback delivered through these surveys is used to inform future planning of the curriculum and adaptations in the delivery of the provision. Baseline and concluding assessments form a regular part of lesson planning and are used to assess pupils' progress in continuity.

Review and Monitoring

The effectiveness and the implementation of this policy will be monitored by the Head and the Head of PSHCE in coordination with Heads of Pre-Prep and Juniors.

Signed:



The Reverend Dr Stephen Cherry
Dean, King's College, Cambridge
Chair of Governors, King's College School

17th March 2021

Date of Last Review:	March 2021
Date for Next Review:	March 2022
Policy Owner:	Head / Head of PSHCE
Authorisation:	Chair of Governors, on behalf of the Board of Governors