



PSHE Policy

This policy applies to all Junior School pupils including EYFS
(PSHE Personal, Social, Health, Economic Education is titled 'SHEEP' lessons in the Junior School)

Vision: *Our curriculum is tailored to meet the needs of our pupils, with annual planning that ensures full coverage of statutory requirements while maintaining flexibility to respond dynamically to the children's lives, the weekly happenings in the school, the community, and the wider world—both nationally and globally. The lessons are inclusive, enabling all pupils to easily access the content, contribute their thoughts and experiences orally, and learn to listen to others with respect. The curriculum is designed to prepare pupils for the world around them, providing them with the tools to support their own wellbeing and feel empowered to seek help for their mental health. Through quality SHEEP lessons, our pupils develop secure self-knowledge, build self-esteem and confidence, understand how to form positive relationships, and learn the importance of respecting others and keeping themselves safe.*

Context

At St Lawrence College Junior School, we are aware that the Education Act 2002 directs that we have a duty to:

- Promote the spiritual, moral, cultural, mental and physical development of the pupils at our school and in society
- Prepare pupils at the school for the opportunities, responsibilities and experiences of later life.

With the 2006 Education and Inspections Act placing the duty upon Governors to 'promote the wellbeing of pupils at the school'. The RSE 2021 and KCSIE 2024 all give further guidance on the statutory need to teach this curriculum.

This SHEEP policy covers our schools approach to the child's personal, social, health and economic education. We take pride in offering a rounded education to children, with SHEEP being both taught in lessons and woven throughout the curriculum, as we see these aspects as integral to the children's personal development.

This SHEEP policy outlines our school's approach to personal, social, health and economic education (PSHE), as well as relationships education. By teaching pupils about health and wellbeing, relationships, and living in the wider world, we are preparing them for life. As a Christian school, we value faith, love, respect, courage, truth, and hope—qualities that all our pupils can identify with. We promote these values through SHEEP, whilst being respectful of an individual's faith or background.

The policy was produced by the Head of the Junior School in Consultation with the School Governing Body, the School's Designated Safeguarding Leads, School Chaplain and all staff delivering the curriculum. Our Pupils have been involved in the creation of this policy through discussion in assemblies and their

Owner: ER
Version: 1.8
Reviewed: Aug-24
Next Review: Aug-25

voice represented through the school council. The key feedback from the July 2024 Pupil Questionnaire suggested more time spent on:

How to cope with grief, more discussion of puberty, greater emphasis on careers and salaries, what happens after divorce, and what would happen in there was a war in the UK.

We are committed to working with Parents and Carers and share our termly topic sheets which detail the SHEEP Schemes of Work, we add relevant articles in our newsletter and we have our SHEEP policy link on the website.

Subject-specific Aims/Policy

- Learn to make informed choices
 - Keep children safe
 - Build a sense of wellbeing and resilience
 - Enable pupils to make healthy choices
 - Assume greater personal responsibility
 - Develop a fuller sense of right and wrong, and discriminate between justice and injustice
 - Understand the United Nations Convention on the Rights of the Child through the Rights Respecting Schools award programme and resources (focusing only on age-appropriate rights for discussion)
 - Recognise and challenge prejudice
 - Equip children with the skills to develop a range of friendships
 - Appreciate that to deserve rights, one must take responsibilities
 - Learn how communities function in order to develop a sense of citizenship
 - Recognise the significance of various health and safety issues
 - Become more globally aware and environmentally conscious
 - Provide opportunities for children to express their voice regularly
 - Benefit from the enrichment of their social, moral, spiritual, and cultural education
 - Help children understand that the Equality Act protects people against discrimination based on the protected characteristics we all share.
- Understand the Fundamental British Values which can be taught via DR TIM, DR TIM
Democracy, Rule of law, Tolerance, Individual liberty, Mutual respect

In response to DfE guidance (November 2014), we ensure that aspects of the above are developed to promote the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. We are a strongly multi-cultural school and so have chosen to present British Values on an internal flag graphic to show that our values stretch across cultures and underpinning our values, is the essential value of all people are equal.

Throughout the SHEEP curriculum we use the spiral approach, which gradually revisits and reintroduces topics at a deeper level at each stage with each year group. We are members of the PSHE Association which ensures our resources are regularly updated. As a High Performance Learning School we have embedded values, attitudes and attributes throughout our curriculum which further supports our SHEEP curriculum.

As teachers of SHEEP, it is our responsibility to:

- Provide a safe and supportive learning environment, setting ground rules for lessons;

Owner: ER

Version: 1.8

Reviewed: Aug-24

Next Review: Aug-25

- Ensure that pupils that are vulnerable or at risk have appropriate support from our SLT, School Counsellors and School Nurses;
- This policy is informed by the safeguarding policy;
- Pupils can raise anonymous questions via the treasure chest in the safe area;
- Promote the interest and needs of all pupils irrespective of gender, culture, ability or personal circumstances by role modelling open mindedness and challenging disrespectful comments or behaviours;
- SHEEP promotes diversity and ensures that discrimination is challenged;
- Pupils with SEND find the discussion led nature of the lessons highly accessible;
- enable pupils to develop their self-knowledge, self-esteem and self-confidence;
- encourage pupils to accept responsibility for their behaviour, show initiative and understand how they can contribute positively to the lives of those living and working in the locality in which the school is situated and to society more widely;
- enable pupils to acquire a broad general knowledge of and respect for public institutions and services in England;
- further tolerance and harmony between different cultures by enabling pupils to acquire an appreciation of and respect for their own and other cultures;
- encourage respect for other people, paying particular regard to the Christian ethos of the school and the protected characteristics set out in the 2010 Equality Act.
- encourage respect for democracy and support for participation in the democratic process, including respect for the basis on which the law is made and applied in England;
- support children in their understanding of real life risky behaviours and helping them understand good choices, without creating fear or excitement;
- be sensitive to the rather innocent lives of many of the children and protect their childhood from teaching too much too soon;
- sensitive to any safeguarding issues which arise, reporting all matters on a green form to DSL;
- be supportive of the School's Christian Foundation whilst being open and welcoming to all faiths and none.
- Promote wellbeing in pupils and a sense of belonging.

Furthermore, teaching of SHEEP, and of all other subjects, should preclude the promotion of partisan political views. It should therefore take steps to ensure that, where political views are brought to the attention of pupils, they are offered a balanced presentation of opposing views. This applies to SHEEP lessons and:

- when pupils are in attendance at school;
- when pupils are taking part in extra-curricular activities which are provided or organised by or on behalf of the school;
- in the promotion at the school, including through the distribution of promotional material, of extra-curricular activities taking place at the school or elsewhere.
- Research visiting speakers including gathering references

The SHEEP curriculum ensures children learn and respect everyone. During the Lent term the Relationships' topic includes: what makes people the same or different, recognising and challenging discrimination and bullying. Health, Wellbeing and Relationship topics are age appropriate in content.

As the children move through Key Stage 2 they are made aware of the fact that there are protected characteristics; age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation. However, the pupils will not be at an age to learn about these all of these specifically, beyond being taught that pupils must respect other people, even if they choose a lifestyle that they would not choose themselves.

This scheme should not be regarded as prescriptive but treated as a basis for the teacher to plan creatively and flexibly, and offering the freedom when necessary/appropriate to:

- Focus on topical events and issues;
- Explore cross-curricular links;
- Discuss pastoral issues such as friendship difficulties and bullying;
- Develop pupils' speaking, listening & thinking skills;
- Regularly incorporate Circle Time to encourage pupil involvement;
- Promoting fundamental British values as part of SMSC in schools (November 2014);
- Support Rights Respecting Schools programme of learning which create safe and inspiring schools where children are respected, their talents nurtured and they are able to thrive. We are working towards a Rights Respecting Schools award which will embed these values in daily school life and gives children the best chance to lead happy, healthy lives and to be responsible active citizens.

Classroom Management and Teaching Strategies

All staff in the Junior School understand that a child who is interested and participating fully in the lesson is more likely to achieve the learning objective and acquire new skills or knowledge. Consequently planning of lessons must ensure that children are actively engaged in a variety of tasks, wherever possible, and that these tasks fully cater for the differing ability levels. The children should experience a range of working environments, including whole class teaching and discussion, group work, paired work and independent learning. The lesson should be planned and the classroom arranged to facilitate this. In SHEEP, there should be an emphasis on listening, speaking, thinking skills, questioning and discussion. Working in pairs and in groups will encourage an atmosphere of co-operation and collaboration, and will seek to develop a sense of empathy with the needs and feelings of others. Writing tasks should normally be kept to a minimum and used to 'brainstorm' ideas, reinforce basic principles and encourage personal responses to open-ended questions.

With all SHEEP topics, and especially when tackling political issues in Years 5 and 6, care should be taken to always present a balanced view, and avoid making subjective or partisan statements that may influence a pupil's attitude or sense of empathy. SHEEP lessons should be about encouraging pupils to see both/all sides of an argument before deciding on their own point of view. The same principle applies to discussion about marriage, so that pupils are presented with balanced factual information in a way which is sensitive to their personal development, family structures and religious and cultural backgrounds. Our intent is to present the facts rather than judge the issues. We will manage difficult questions from pupils, which go beyond the relationship education curriculum with sensitivity, appreciating that children of the same age may be developmentally different, the school will either suggest the child discusses the matter with their parent, or inform their parents that they have been asking questions, giving parents the autonomy to decide how to answer. Teachers will be highly aware of questions which are not appropriate to deal with in front of a whole class. Our Relationship education lessons are tailored to the age and physical maturity of our pupils, with maturity and awareness typically being later in our pupils. Parents are welcome to discuss with our trained team on how to talk to their own children about sexual education, some families may prefer to talk to our school nursing team who can also advise.

Teaching should be approached flexibly, and teachers should make use of the freedom when necessary/appropriate to: focus on topical events and issues; explore cross-curricular links; discuss pastoral issues such as friendship difficulties and bullying; regularly incorporate Circle Time to encourage pupil involvement.

Should a pupil exhibit poor behaviour during a lesson, this should always be handled in a professional way, with attempts made to minimise the effect on the rest of the class. (For additional guidance, refer to Behaviour Policy.)

The teaching staff should recognise that a particular child's preferred learning style will involve a combination of visual, auditory and kinaesthetic stimuli and attempts should be made to accommodate these differences in the teaching strategies employed through lesson planning and delivery.

The SHEEP programme of study will be led by the Head of the Junior School. Teachers will have access to the PSHE association resources.

The KS1 Teachers will :

1. Review and update schemes of work on an annual basis, in discussion with KS1 colleagues.
2. Review resources in an ongoing way against schemes of work, and prioritise additional resource requests.
3. Assist KS1 Co-ordinator with regular review of INSET needs and training opportunities.
4. Meet once a year, or more often if the need arises, with the appropriate KS2 Subject Leader to discuss subject matters affecting both key stages.
5. Keep up to date with new Government policies and guidance relating to the teaching of PSHE.
6. In an age appropriate way share the values of Rights Respecting Schools.

The KS2 Subject Leader for SHEEP will:

1. Annual review and update of curriculum document.
2. Review schemes of work on a termly basis, in discussion with departmental colleagues, and update annually.
3. Stock-take resources, including locations, at the beginning and end of each year.
4. Review resources each term against schemes of work, and prioritise additional resource requests to be made to KS2 Co-ordinator.
5. Meet once a year, or more often if need arises, with KS2 Co-ordinator, to discuss any issues with regard to progress and continuity within KS2, and transition between Key Stages.
6. Meet once a year, or more often if the need arises, with the Senior School Head of PSHE Department to discuss matters of whole-school significance.
7. Keep up to date with new Government policies and guidance relating to the teaching of PSHE.
8. Ensure the values of Rights Respecting Schools, UN Charter for the Rights of the Child is known, understood and valued by the pupils in an age appropriate way.

Time allocation

There is a 30 minute timetabled session for each class, from Nursery to Year 6 each week. In addition there are assemblies, visiting speakers, form time and circle time create the opportunity for around two hours per week for these matters to be addressed. There is no homework set for SHEEP.

In KS2 the timetabled lessons address the content and form time is where a more responsive approach is taken to the children's immediate experience in school, for example how to manage relationships / anger / growth mindset in preparation and response to playtimes.

Differentiation / Additional Educational Needs

At St Lawrence College Junior School it is the expectation that all teachers will ensure that the full range of learning activities is suitably differentiated to meet the needs of all the pupils. Learning resources should be appropriate to the needs of the individual pupil and adapted as required. A child with Additional Educational Needs will be assessed by the SENDCo, who will provide a separate programme of study in close liaison with subject teachers.

All children, regardless of ability, are entitled to full access to the SHEEP curriculum. In SHEEP lessons, it is expected that oral questioning will be adapted to suit the ability and maturity of the individual child. As only a limited amount of written work is required, children with special educational needs should be expected only to offer brief responses. Pupils will not be expected to engage in extended writing tasks.

Assessment, Recording and Reporting

The nature of the subject, means that we judge the Teacher's verbal feedback as the strongest form of assessment for learning for the children. Discussion based activities lead to supporting a maturity in dealing with issues across the curriculum. Summative assessment includes 'I can statements' completed early in the academic year by Teachers as a direction for learning and then in the Michaelmas and Summer Terms the 'I can statements' are completed by the Pupils. Informal feedback will also be given to the form teacher by the SHEEP teacher (particularly where cross-curricular links are explored). Topics regarding family life or areas of safeguarding concern are relayed via the teacher directly to parents, most often face to face on the school run, or for more serious via a green form to the DSL. Parents are involved so that the teaching team can establishing the levels of personal and emotional developmental maturity of the child. The 'I can statements' also give evidence of progress through the stages of the school, with the entire curriculum only being complete by the end of Year 6.

Pupil voice is listened to (and recorded) via small focus groups working with the Headteacher on Diamond 9 style activities and interviews. Each KS2 pupil receives an end of year written report on their SHEEP contribution and form teachers include feedback in their formal reports twice a year.

We are STEER tracking champion school which provides evidence of how our lessons on wellbeing and mental health (alongside individual action plans) have had a measurable positive impact on pupils over time.

SHEEP is include as a Topic for the KS1 Reports and for the KS2 reports there is a category which values the pupils ability for Empathy, Discussion and Understanding of Content, with comments from the relevant teachers.

ICT

Pupils should be taught how to access information through ICT in order to expand their understanding of the world. At KS1 they should learn to develop mouse and keyboard skills and gain familiarity with different software and hardware. This work should be extended at KS2 to include being given the freedom to present information and add value to their work through text, tables, graphs and images. They should become increasingly confident in using ICT to achieve goals, and should be given every opportunity to improve their skills in this subject whenever it proves to be the most effective teaching medium. ICT is used to support other areas of the curriculum wherever appropriate.

In SHEEP lessons, it is expected that occasional relevant opportunities will be given for pupils to make independent use of ICT to develop their appreciation of the subject. In particular, internet research is a valuable opportunity for pupils to strengthen their knowledge and to encourage their sense of discovery. This knowledge will be enriched by use of the internet, via the interactive whiteboard, in the classroom.

The SHEEP curriculum will include Becoming Internet Legends, as a component of the Health and Wellbeing unit of work. With the help of Google's Internet Legends programme, we want children to become confident and safe in exploring the digital worlds around them. We have shared Internet Legends with parents via our website.

The Internet Legends Code encompasses five areas that children need to understand in order to become safe and independent users in the digital world.

SHARP **Think Before You Share**

ALERT **Check It's For Real**

SECURE **Protect Your Stuff**

KIND **Respect Each Other**

BRAVE **When in Doubt, Discuss**

https://beinternetawesome.withgoogle.com/en_us/interland

Cross-Curricular Links

No taught subject is entirely independent of all others and it is important for the pupil to recognise links between subjects in order to strengthen their overall interest and understanding. Therefore it is the responsibility of every subject teachers to liaise with relevant colleagues to maximise the useful cross-curricular links. Such links should be introduced in both a formal and informal way where applicable.

SHEEP education is taught in discrete lessons supported by other learning opportunities across the curriculum, including form time, assemblies, Science, History, ICT, RS, TLS, Enrichment days and Chapel.

At KS1 there is enormous potential to develop a topic in a cross-curricular way and the teachers are skilled at recognising and maximising these opportunities. Teachers are given the flexibility to be inspired by the children's own ideas and interests in order to personalise the learning.

SHEEP provides many opportunities to draw relevant themes, topics and meaningful parallels with other subjects, for example:

- ENGLISH & DRAMA: Feelings & Relationships
- SCIENCE: Health and Reproduction
- GEOGRAPHY: The Global Community
- HISTORY: Rules; Right & Wrong; Democracy
- RELIGIOUS STUDIES: Choices; Right & Wrong; Rights & Responsibilities; Rules
- PHYSICAL EDUCATION: Healthy exercise and diet
- THINKING LEARNING SKILLS: Growth mind-set
- SCHOOL DOG & SCHOOL FISH: Learning to care for animals and understanding how to treat a pet.

In addition we take the children out on visits throughout the year including the Year 6 visit to the Houses of Parliament and invite visiting speakers to enhance further the curriculum. Forthcoming visits are planned from the Police, a Farmer and an H&S representative.

In 2018 we have introduced Relationships Education as part of this curriculum with reference to Healthy Relationships topics.

- Families and people who care for me
- Caring friendships
- Respectful relationships

Owner: ER

Version: 1.8

Reviewed: Aug-24

Next Review: Aug-25

- Online relationships
- Being safe

The topic of reproduction is covered in the Year 5 science curriculum, and revised in a single Year 6 SHEEP lesson. We do not follow a Sex Education curriculum in the Junior School. The topic of puberty is covered in Years 4, 5 and 6 in terms of how puberty effects your body, changes physically and emotionally.

NSPCC We have a partnership with the NSPCC who visit the school biannually to run workshops and assemblies as part of their 'Speak Out - Stay Safe programme'. We also use the NSPCC 'Pants are Private' resources and display their Childline posters.

Key Stage 1 and 2

SHEEP education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.

Following advice from the PSHE Association our curriculum aims to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of learning grouped into three core themes:

- health and wellbeing
- relationships (see the stand alone Relationship Education Policy)
- living in the wider world

The SHEEP curriculum is largely based on the 'PSHEE Association Example B' scheme 2018 but adapted to fit to the children at St Lawrence College, our local area and their children's comments and suggestions for the curriculum. There are some topics that are taught nationally at KS2 that our children are not ready to tackle and so the spiral approach to developing depth of learning will continue throughout KS1, KS2 and KS3 for those who stay on to the Senior School. This programme of study will evolve and respond to local, national and international events of importance.

Teachers use a variety of resources - books, music, puppets, drama and visitors. Young children need opportunities to develop their opinion of "self", prior to incorporating the wider world, and this is gradually widened for the children within discussions on family units, form units, school units leading to the work within and awareness of the local community. Through links with Geography, the children are aware of the world as a wider place and slowly maturing children can start to understand their place within the world. Developing relationships is fundamental throughout the curriculum and this is discussed and developed in class times directly and indirectly in playtime situations.

Fantastic FRED

PSHE workshops have run through the summer term delivered by the NHS, titled Free Fantastic FRED Experience. Fantastic FRED and his professor teaches the children how to look after their own mental health in a positive and memorable live performance.

F.R.E.D is an acronym for the four practical ways in which children can help to look after their own good mental health:

Food – eating the right foods

Rest – getting enough sleep

Exercise – being active

EYFS

In the Early Years Foundation Stage, PSHEE is mainly taught through the 'Personal, Social and Emotional Development' curriculum, but will also include aspects of 'Physical Development' (learning about how to keep healthy and safe) and 'Understanding the World' (caring for living things and our environment and learning about people and communities).

SHEEP is about making connections and choices and is strongly linked to play. SHEEP is taught through activities that are part of topics, as well as on an individual basis to develop personal skills such as dressing and personal hygiene. Positive experiences are built through daily opportunities to share and enjoy a range of different activities. The children are given the opportunity to engage in social activities, as members of a small group or occasionally during whole school activities. Children take part in regular 'Circle Times', which enable them to reflect on aspects of their lives, discuss moral and social issues and express thoughts and feelings.

British values including democracy, mutual respect & tolerance for others the rule of law and individual liberty are reinforced through play and taught activities.

Parents and Carers

This policy, the SHEEP Scheme of Work, Relationships Education Policy and the SMSC & FBV policies are sent out to Parents and Carers annually and parents are invited to make comments, suggestions or come in to discuss the details further.

We host a range of parent seminars and workshops which give parents further opportunity to understand the importance of SHEEP and discuss the curriculum with staff. Workshops have included Forest School, Wellbeing and Keeping Your Child Healthy. Where possible guest speakers are invited so parents can hear from the school and from professionals.

For further information at any time parents may email the school office.

Policies which are relevant to this statement are:

- *Relationships Education, 2021*
- *Education Act (1996)*
- *Learning and Skills Act (2000)*
- *Education and Inspections Act (2006)*
- *Equality Act (2010)*
- *Supplementary Guidance SRE for the 21st century (2014)*
- *Keeping Children Safe in Education (2024)*
- *Children and Social Work Act (2017)*

Other SLC Policies should be read in conjunction with this policy including:

- *SLC Safeguarding Policy*

- *Anti-Bullying*
- *Good Behaviour*
- *Acceptable Use*
- *CS Curriculum Policy (in particular Science, Religious studies, Computing and Thinking and Learning Skills)*
- *Additional Educational Needs policy (Mental Health and Wellbeing audit)*
- *Equal Opportunities policy*
- *Mobile Phone and Camera Policy*

This policy will be reviewed in accordance with the policy review schedule.

REVISION HISTORY

Version No.	Revision Date	Summary of change	Approved by	Updated by
2	28/8/19	<i>Relationships Education, RSE Draft Guidance February 2019</i>		ER
3	25/9/19	<i>Additional paragraph regarding Protected Characteristics</i>	Governors EWC Oct 2019	ER
4	28/9/20	Just reviewed no amendments necessary		ER
5	14/9/21	Clarity: puberty taught in Year 4	PWG	
6	8/11/21	New Assessment, Recording and Monitoring of pupils learning and addition of floor book	PWG	ER
7	11/11/23	Addition of Unicef Rights Respecting Schools	PWG	ER
8	01/08/24	Addition of pupils suggestions for the curriculum	PWG	ER
9	12/11/24	Assessment and reporting development and further examples of home-school Communication.	PWG	ER