

**Christ Church School, Hampstead**  
**Curriculum statement: Personal, Social and Health Education**  
**(PSHE) and Citizenship**



The Governing Body of Christ Church Primary School, Hampstead adopted this statement for PSHE and Citizenship in January 2018 and it should be read in conjunction with our Teaching and Learning Policy and published curriculum overview. There are several other related policies including our Relationship and Sex Education (RSE) Policy and Science Curriculum Statement. This area of the school's work also relates to the school's work as a UNICEF Rights Respecting School and to our Promotion of British Values (see separate British Values document).

**Definition of PSHE and Citizenship**

PSHE and Citizenship is the school's planned provision to promote pupils' personal and social development, including promoting safety, health, enjoyment and achievement, economic well-being and making a positive contribution. It also includes citizenship. PSHE covers not only what is taught directly in discrete lessons but all the other ways in which we support personal, social, health and citizenship development. At Christ Church School, PSHE and Citizenship is influenced by the school's ethos and the value we place on the development of the whole child.

**Aims and objectives of teaching PSHE and Citizenship**

At Christ Church School we respect and value each individual's contribution to our school community. We work to inspire our children with the love of learning and to strive for excellence in all aspects of school life. We endeavour to tailor our PSHE and Citizenship learning to the needs of our school and to ensure it has clear links to our school mission statement.

Through PSHE and Citizenship Education, we aim to develop children's spiritual, ethical and moral understanding of the world around them. We endeavour to prepare all pupils for the opportunities, responsibilities and experiences of life by:

- Developing their confidence and responsibility, helping them to make the most of their abilities.
- Preparing them for active roles as citizens.
- Encouraging them to adopt a healthy, safe lifestyle.
- Helping them develop good relationships, respecting the differences between people.
- Helping to prepare children for their secondary schools.

We hope that individually pupils will be able to:

- Know how to keep themselves and others safe
- Socialise well
- Keep a healthy mind
- Know how to lead healthy lives
- Show respect for others
- Have a good understanding of how to deal with moral dilemmas
- Show positive feelings towards those less fortunate
- Care for the environment
- Develop confidence in their own abilities
- Become a good citizen
- Achieve economic well-being later in life
- Develop spiritual awareness and sense of personal well-being
- Develop an individual moral framework

### Teaching PSHE and Citizenship and the Curriculum

The outline of the PSHE and Citizenship Curriculum follows suggestions within Camden's PSHE and Citizenship Scheme of Work.

PSHE and Citizenship teaching cannot be confined only to specific timetabled sessions. PSHE and Citizenship Education may take place:

- Through discrete curriculum time at certain points throughout the year
- Through and in other subjects/curriculum areas, for example in Science, PE, RE, Computing (E-safety), Geography, History and Literacy lessons.
- Through PSHE activities and school events, for example Health Weeks, fundraising for charities, educational visitors, visitors, School Council and residential experiences.
- Through collective worship. Daily and themed assemblies provide a good opportunity to enhance pupil's spiritual, moral, social and cultural development.
- Throughout the ethos of the school – including the school's Positive Behaviour Policy, and its status as a Rights Respecting School.

When teaching PSHE and Citizenship, teachers should:

- be aware that children come to school with many different experiences which stem from their home backgrounds and cultures.
- always value the child's experiences which stem from their home background and culture
- consider cultural and religious issues when planning PSHE and Citizenship lessons
- always provide positive images of different people (with regard to gender, culture, religion, disability, class) in the resources that are used

Visitors may work with children to complement the work of the class teacher. It is important that the outside educator reads the relevant policy, particularly if teaching any part of the Relationships and Sex Education or Drugs Education program before teaching. Visitors may include the school nurse, the school's link police officer from the Metropolitan Police, LA health advisors, Theatre Groups, and parents.

### Focus Weeks

PSHE and Citizenship is a far-reaching element of the curriculum which cannot always be taught as a discrete subject. Due to the fact that it is a useful vehicle for delivering important messages to children, there are a number of key focus weeks we may run during the year.

Some of the focus we have run over the past few years are: Friendship Week, Try Something New Week, Anti-Bullying Week, Peer Mediation and E-Safety week.

We have run several projects which run for much longer, like our Happiness Project, Listening Project and Friendship Project.

In addition to this, annually, we run a different focus which allows the children to share important things from their lives. The children usually do a presentation to the class which is no longer than 10 minutes and follows the focus for that particular year. Examples of previous focus areas are: My Precious Place, My Amazing Family.

In some cases, where we feel there is a need, we would endeavour to provide a parent workshop relating to issues we may be tackling in school like E-Safety or Anti-Bullying as we recognise PSHE and Citizenship development is a partnership between home and school.

### **Promoting a Healthy Lifestyle**

We believe that promoting healthy living is important and we strive to promote this throughout all school life including PSHE and Citizenship. We promote the development of healthy living by:

- working with our lunch time catering company to ensure the children receive healthy and balanced meals
- offering a range of clubs like Multi-sports, Rounders, Cross country, Dance, Cooking (focusing on healthy savoury meals)
- providing free fruit as a snack to children in EYFS and KS1
- providing a balanced curriculum (in PSHCE and Science) which means children learn the importance of healthy living
- organising various focus weeks/half terms which may have a focus on healthy living
- using Hampstead Heath for PE, Sports Day, Cross Country and EYFS trips
- providing a wide range of equipment for use in the playground and ensuring KS2 receive one playtime which has a focused sports emphasis
- exploring healthy living through our work as a Rights Respecting School

### **Review**

This statement should be reviewed every three years to ensure that it is a reflection of current best practice.

Revised by the school's PSHE and Citizenship Subject leader – January 2018