



The Oaks CE Learning Federation PSHE Policy

Our Vision

Connected through the values of love, respect and compassion. Three separate schools, we journey together to grow physically, spiritually, emotionally and intellectually, so that everyone can fulfil their potential. We strive to preserve the wonder of childhood, whilst ensuring our children are future ready.

"Be strong and of good courage, do not be afraid nor be dismayed for the lord your God is with you wherever you go"
Joshua 1:9

Our Personal, Social and Health Education policy for the Federation is based on the Christian values of our three schools. We aim for each school community to show and be shown love, compassion and respect through actions, words and deeds.

Our principle aim at the Oaks Federation is to provide a caring and stimulating Christian environment where the children acquire the skills, knowledge and understanding to become active learners for life. They are encouraged to recognise the positive contribution that they and others are able to make in an ever changing diverse society.

The aims of PSHE are to enable children to:

- know and understand what constitutes a healthy lifestyle (e.g. the benefits of physical activity, rest, healthy eating and dental health)
- be aware of safety issues (including road safety, the correct use of medicines and online safety)
- understand what makes for good relationships with others
- have respect for others
- be an independent and responsible member of our school community
- develop self-confidence and self-esteem enabling them to make informed choices
- be positive and active members of the wider community (e.g. what improves and harms their local environment)
- forms the basis of our safeguarding curriculum.
- explicitly develop children understands of our core values of love, respect and compassion.

We look at the work of the NSPCC in schools which supports the children's thinking and learning in PSHE.

Here are some websites you might like to look at to help your children understand about how to stay safe and healthy.

[Keeping healthy](#) This website talks about keeping healthy and what you can do at home

- [Sun safety](#) This helps you think about how to keep safe in the sun.
- [Keeping children safe](#) Talks about the underwear rule.
- [Keeping children safe](#) This talks about keeping safe online.
- [Keeping children safe](#) This talks about the stay safe speak out model.

The policy will be implemented through a planned scheme of work (Heart Smart), designated teacher time to include:

- circle time
- group discussions
- drama
- problem solving
- stories

and this time will include experiences beyond the classroom though:

- Collective worship
- Community experience, e.g –day trips
- Whole school events –school fairs etc,
- Supporting charities
- Sports events
- Visitors to school/liaison with external agencies –school nurse.
- Using a variety of grouping methods.

Organisation of the PSHE Programme

PSHE is divided into three core themes, which are addressed through units of work delivered throughout the academic year.

These core themes are:

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

PSHE is delivered by class teachers through discrete units of work alongside integrated teaching within the wider curriculum.

Areas covered within the core themes:

Belonging, feelings, secrets, people who look after us, rules, change and loss, keeping themselves safe.

Related Policies

Behaviour Teaching and Learning Child Protection
Home/school agreement Equal Opportunities Drugs Education Policy
Health and Safety RE Medicines PE Collective worship

Health and Safety

PSHE work must be in accordance with the school's Health and Safety Policy, which is the responsibility of the whole school community.

Resources

Hampshire Personal and Social Development materials

Heart Smart

The Needs of Pupils

Our schools utilise three trained ELSA workers who are available to address specific issues regarding emotional health and social development as appropriate.

Heart Smart

Heart Smart is a creative new approach that many primary schools use to build character, emotional health and resilience in children. It equips them with foundational principles and skills that will improve their mental health, relationships and academic achievement. As a school we recognise the value of educating the heart alongside educating the mind, and Heart Smart is a great tool to do just that.

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You may also hear about **BORIS** the Robot. He's made from bits and bobs of recycled rubbish and plays an important role in HeartSmart. We follow his story of learning not to listen to the Scrapman's voice (who says that he belongs on the scrapheap). There's a book that we read and reference.

From time to time we may invite you to do a few creative activities with your children. Science shows that the best way to get information from your head to your heart is to use your hands! So we have created some fun and handy HeartSmart challenges for you to complete at home with your children.



The HeartSmart High Five



Don't Forget to Let Love in!

Learning how important, valued and loved we are.



Too Much Selfie isn't Healthy!

Exploring the importance of others and how to love them well.



Don't Rub it In, Rub it Out!

Understanding how to process negative emotion and choose forgiveness to restore relationships.



Fake is a Mistake!

Unpacking how to bravely communicate truth and be proud of who we are.



'No Way Through,' isn't True!

Knowing there is a way through every situation, no matter how impossible it may seem.