

Personal, Social, Health and Education Policy



Co-ordinator: Mrs Katie Fenwick

Date Agreed: Summer 2026 (with new guidelines for Sept 2026)

Review Date: Summer 2027

Introduction

At Bridgewater our policies are regularly reviewed. This reflects current practice within school and all related government guidance and statutory requirements.

Rationale

We believe that PSHE helps to give our pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens.

Aims

- To encourage children to take part in a wide variety of activities and experiences across and beyond the curriculum, contributing fully to the life of the school and community.
- To enable children to recognise their own worth, work well with others for good relationships and become increasingly responsible for their own learning.
- To encourage children to reflect on their experiences and understand how they are developing personally, emotionally and socially, tackling many spiritual, moral, social and cultural issues that are a part of growing up.
- To enable children to find out about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of the community.
- To enable children to understand and respect our common humanity, diversity and differences so that they can go on to form the effective and fulfilling relationships that are an essential part of life and learning.
- To enable children to develop on a holistic level, giving them the confidence and equipping them to make the right choices in life, building emotional wellbeing, resilience and self-confidence.
- To ensure children know and understand what constitutes a healthy lifestyle.
- To encourage children to stay safe on and offline by being made aware of ways to recognise and manage risk, making safer choices.
- To provide a safe environment for exploring and debating sensitive and contentious issues.

Guidelines

In Early Years, Key Stage One and Key Stage Two, PSHE will be taught primarily through the Development matters program of study, the PSHE Association, Discovery Education, Thrive approach and through the national curriculum. These documents cover lots of crucial elements within the progression of PSHE however, as a school, PSHE is covered and delivered through a variety of ways. All year groups do activities and topic work which covers the essential elements that contribute to this subject area. The requirements that are included in the National Curriculum are delivered via different means other than just the Development Matters

statements. As a school we promote themed weeks, where the key focus is PSHE e.g. 'Mental Health week', 'Neurodiversity week', 'Friendship week', 'Anti-bullying week', 'Enterprise week', 'Refugee week' etc. A key focus, which is paramount to children's learning and development, is encouraging them to make the right choices. This is constantly being reinforced so that the children can secure this concept and is particularly in line with our behaviour policy as well as being harnessed by our oracy approach with Voice21, Commando Joes and Thrive approach.

We base our curriculum on the PSHE Association's programme of study or via a more discrete method as mentioned above.

PSHE will also be taught on an 'as and when' basis, judged by the class teacher linked to concerns or issues which may arise. PSHE can also be delivered as a cross curricular subject. It lends itself in a multipurpose way so that creative links can constantly be made.

Themes are taken from the PSHE Association's recommendations for each key stage which are married up with the themes from The Discovery Education as well as Commando Joes. They will be covered as a whole school each half term and will be taught during timetabled sessions and in a cross curricular way.

The themes are:

- Health and wellbeing
- Relationships
- Living in the wider world

Aspects of PSHE not covered through the PSHE Association, will be taught as integral parts of other foundation subjects or covered through discrete subject teaching. Alongside this, time is invested in nurturing our children to help them develop as model citizens so that they are equipped in making the right decisions. A number of bespoke activities and interventions specialised for individual children and groups compliment the work done in PSHE.

Across all 3 key stages, children's learning will incorporate how they may:

- Take responsibility
- Feel positive about themselves
- Take part in discussions
- Assess risk including road, water and rail safety
- Make real choices and decisions
- Meet and talk with people
- Develop relationships through work and play
- Consider social and moral dilemmas that they come across in everyday life
- Ask for help/ find information and advice
- Prepare for change (KS2), including bereavement
- Develop confidence and maturity to enhance them as an individual
- Support and develop as an individual including mental and physical wellbeing and resilience.
- Use the internet safely and recognize risks (AI, scams, harmful content and fake news)
- Understand how online content influences behaviour

Conclusion

PSHE is an essential part of the curriculum, providing children with the building blocks for their spiritual, moral, social, emotional and cultural development. As a school it is widely supported and valued by all members of staff. PSHE takes place through the whole school day on a daily basis whether it is taught as a stand alone lesson or through other aspects of the curriculum.