



**Personal, Social, Health and  
Citizenship (PSHCE) and Social  
and Emotional Aspects of Learning  
(SEAL) Education Policy**

## **1.0 Aim**

- 1.1 To ensure the personal, social, health and emotional well being of children and young people, staff and visitors to the Academy.
- 1.2 Our ethos and PSHCE curriculum ensure that we meet the 5 strands of Every Child Matters which states that every child has the right to: Be Healthy, Stay Safe, Enjoy and Achieve, Make a Positive Contribution, and Achieve Economic Well-being.

## **2.0 Objectives**

- To promote the importance of stable, sharing/caring relationships.
- To develop an informed appreciation of children and young people's beliefs, attitudes and values, also respecting others whilst challenging stereotypes.
- To create a safe, supportive environment where concerns can be discussed confidently, questions asked and experiences shared.
- To help children and young people to feel confident about themselves by promoting self-esteem, self-respect and self worth.
- To develop skills such as those to enable the sharing of feelings and opinions, risk awareness, informed decisions, getting help and understanding the needs of others.
- To provide accurate, balanced knowledge and understanding at the appropriate level in order to keep ourselves and others safe and healthy.
- To provide reassurance that the physical and emotional changes that take place as children and young people grow towards adolescence and adulthood are normal and acceptable.
- To help children and young people understand they have rights and should have control over who touches their bodies.
- To develop a sense of citizenship and understanding of how society helps individuals and the contributions that individuals can make to society.
- To encourage children and young people to consider their attitudes and behaviour towards others in the wider community.
- To understand the importance of playing an active part in democratic processes.
- To negotiate, decide and take part responsibly in both Academy and community based activities.
- To understand that actions have consequences and to be prepared to accept responsibility for those consequences.
- To develop an understanding of our own characters, strengths and weaknesses and make responsible use of our talents, rights and opportunities.
- To earn loyalty, trust and confidence whilst working co-operatively with others and resolving disputes peacefully.

- To raise an awareness of the importance of a healthy lifestyle and foster the development of outside interests and leisure activities.
- To ensure that all aspects of Academy life promotes the health and well being of children and young people, staff and visitors to our Academy.

### **3.0 Definitions**

#### **3.1 What is PSHCE?**

PSHCE encompasses all areas designed to promote children and young people's personal, social and health development. It gives children and young people the knowledge, skills and understanding that they need to stay healthy and safe, develop worthwhile relationships, respect differences, develop independence and responsibility and make the most of their own abilities and those of others. It is very closely linked with Every Child Matters, (SMSC- Spiritual, Moral, Social and Cultural values) and encompasses our work within Citizenship, SEAL and towards National Healthy Schools Status.

#### **3.2 What is Citizenship education?**

3.2.1 There are 3 inter-related strands in the framework:

- Social and moral responsibility
- Community involvement
- Political literacy

3.2.2 These should be taught to prepare children and young people to play an active role as members of a democratic society, to develop independence and responsibility, and to make informed choices about their own lifestyle.

#### **3.3 What is SEAL?**

3.3.1 SEAL is a teaching programme (social and emotional aspects of learning) which will help the children and young people in their personal, social and emotional development. It will bring together work we have been teaching in our PSHCE curriculum and each term we will teach a topic across the whole Academy. These topics will be

- New Beginnings - September/October
- Getting on and Falling out - November/December
- Say No to Bullying.
- Going for Goals - January/February
- Good to be Me - February/March
- Relationships - April/May
- Changes - June/July

3.3.2 SEAL will help children and young people to develop self-awareness, motivation, social skills and managing their feelings. These skills will help our children and young people to become better learners, get on better with

other people and be responsible citizens. They are part of every area of life.

#### **4.0 Curriculum Delivery**

4.1 We believe that most personal, social and attitudinal learning should be implicit and embedded in the day to day life of the Academy – the way we communicate with and respect each other, the way we conduct ourselves with other people and around the site, the attitude of the Academy to good meals, nutrition and exercise, health and safety and the good maintenance of our environment.

4.2 We also believe in the need for an explicit and directly taught curriculum focusing on Drugs, Sex and Relationships, Guidance, Work Related Learning and the wider issues around Social, Emotional and Attitudinal Learning.

#### **4.3 Curriculum content**

Our programme for PSHE and Citizenship encompasses SEAL materials for each year group with planning adapted to meet the needs of the children and young people in those year groups. Aspects of PSHE and Citizenship will also be covered within other subject teaching and in special days and weeks (see attached scheme of work). In the Foundation Stage, the same themes are taught each year and revisited regularly, as well as following the stepping stones for the Early Learning Goals. SEAL will be taught in special days/weeks. There will be assemblies each half-term to introduce the SEAL theme and to celebrate achievement.

#### **4.4 The Distinct Curriculum**

4.4.1 There will be separate planned PSHCE/SEAL curriculum time for all primary aged children. There should be planned provision for activities such as circle time, class councils and co-operative games , role-play, discussion – whole class, small group, 1:1, visitors e.g. PC , Fire Brigade, Academy Health Advisor etc., stories e.g. exploring behaviour of characters, creative activities, and children initiated activities.

4.4.2 The scheme of work for PSHE and Citizenship should provide a developmental programme that both consolidates and further extends existing knowledge, skills and understanding. The Scheme of Work for Key Stage 1 should build on the knowledge, skills and understanding

- Sex, Relationship and Health Education in P.E.
- Drugs in Beliefs and Values
- Citizenship and Careers through special focus days and Learning Family sessions.

#### 4.5 **Teaching through and in other subjects/curriculum areas**

4.5.1 Provision for some aspects of PSHE, SEAL and citizenship could be made through other subjects including RE.

4.5.2 Some aspects of the PSHE, SEAL and citizenship should also be taught and revisited in other subjects such as Literacy, English, Careers, Science, Geography, RE, English, P.E. Examples include:

- *Literacy/English*: emotional literacy; discussion and debate; enquiry and communication; stories that illustrate aspects of personal and social development; how the media present information
- *Science*: drugs (including medicines); growth, sex; health; safety and the environment; ethical issues
- *PE*: teaching and learning about health and safety; development of personal and social skills through team and individual activities, games and sports; gender issues.

#### 4.6 **The Generic Curriculum:**

4.6.1 Academy ethos as reflected through Academy policies and procedures

4.6.2 Assemblies – planned house, year group and class assemblies will reflect SEAL, PSHE and citizenship themes.

4.6.3 Occasional off-timetable experiences and activities provide a useful opportunity when a particular aspect of PSHE and Citizenship can be studied intensively e.g.

- residential experiences
- health days
- mini-enterprise schemes
- fund raising schemes
- citizenship days

#### 5.0 **Involving children and young people in the life of the Academy and wider community**

5.1 There are many ways in which the Academy involves children and young people in the life of the Academy. These include:

- Academy councils
- peer mentoring programmes
- charity fund raising
- citizenship schemes
- environmental schemes
- sports partnership

**6.0 Policy Links**

- 6.1 Citizenship Policy
- 6.2 Healthy Meals Policy
- 6.3 Sex and Relationships Education

**7. Policy review date**

7.1 The Governing Body will review this policy at least every two years and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the Academy.

**Adopted by the Appleton Academy on** .....

**Chair of Academy Trust Board** .....

**Principal** .....

**Review date.** .....