

PSHE and Citizenship at Catshill First School and Nursery

Aims:

At Catshill First School and Nursery we believe that Personal, Social and Health Education (PSHE) and Citizenship enables children the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. We want the children at our school to know, live and breathe our whole school values in their everyday lives and take them with them as they move on to Catshill Middle School. In addition, we want pupils to develop an understanding of themselves, manage their emotions, develop empathy and deal with change. We hope that the children at Catshill apply all of their school values, knowledge and skills from PSHE and Citizenship in everyday contexts.

“We believe that values make our world a better place and that we never let them go.” - CFSN Curriculum Vision

What you will see:

PSHE and Citizenship is taught throughout the whole school in a variety of ways. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities.

At our school, you will see PSHE skills and Values being taught and celebrated through:

- Assemblies,
- School Values,
- Our 4 Core Behaviour Expectations - Be Kind, Be Ready, Be Respectful, Be Safe,
- Epraise - our communication application,
- Values Council,
- School Council,
- Pastoral care and guidance given by staff,
- Extra curricular activities,
- Cross curricular learning,
- Our teaching of the Zones of Regulation; *Daily use of the Zones of Regulation, including daily check-ins, 'Regulation Zones' in each classroom*, allows children to learn how to regulate their emotions more independently.
- Displays, for example Sports, Hobbies and Interests, Glasses club and events such as discos or Blackwell residential
- Eco Council,
- Story-times or Circle times.

In-class teaching takes place through whole class discussions, role play, debate, circle time and work in topic books. Each class has a 'Zones of Regulation' display which is used daily to help children understand theirs and others' emotions and how to manage them. Every class has a Values display which is updated monthly in line with the school's values rota. In September 2020 we revised our Behaviour Policy. We have now introduced '4 Core Expectations'; Be Kind, Be Safe, Be Respectful' and 'Be Ready'. These expectations are implemented and modelled throughout the school. Children are acknowledged for showing our values and core expectations on Epraise.

The PSHE programmes have been planned by the PSHE & Citizenship subject leaders and each year group has a long term plan which includes 6 themes to be covered throughout the year. The objectives are inline with the PSHE Association who have updated the Programme of Study for PSHE education to support schools when integrating the new statutory content from January 2020. In Year 1 to 4 each year group has a different core theme each half term.

In the Early Years Foundation Stage (EYFS) PSHE is referred to as Personal, Social and Emotional

Development (PSED). Children explore relationships, feelings, appropriate behaviours, self-confidence and self-awareness, rules and routines and empathy. They do this through enhanced and continuous provision as well as discrete teaching sessions such as circle or story time. There are many links with other areas of learning such as Physical Development (Health and Self-care) where children learn how to stay safe and keep themselves healthy. Another important link is Understanding the world (People and Communities) where children develop an understanding of the similarities and differences between themselves and their peers, their families and communities. They learn who they are, where they fit in and how to feel good about themselves.

PSHE and Citizenship is taught within a safe and supportive learning environment where pupils can develop the confidence to ask questions, contribute their own experiences, view and opinions, and put what they have learned into practice in their own lives.

Ensuring this is put into practice:

PSHE and citizenship is monitored by the Subject leader and Senior Leadership Team. We use year group Skills Progression books, pupil voice and reflections on children's work to ensure full coverage of each core theme. We can also monitor how successful our teaching and learning of PSHE and Citizenship through the daily behaviour and actions of the children at Catshill; by observing children in their play, at lunch or break times and in learning time, we are able to see our areas of strength and where there is room for improvement.