



Personal, Social, Health and Economic (PSHE) Policy

Habs Girls' Junior and Senior School

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Policy Type	Statutory
Reviewed by	Class Teacher and Upper KS2 Phase Leader, Head of PSHE (Junior School) Deputy Head Pastoral (Junior School) Teacher of History and Head of PSHE (Senior School) Assistant Headteacher Pastoral (Senior School)
Approval Committee	Teaching and Learning Committee
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1 Related Information

1.1 Statutory Guidance

This statutory policy has been reviewed in accordance with the following guidance:

2(1) The standard in this paragraph is met if—
2(2)(d) personal, social, health and economic education which—
2(2)(d)(i) reflects the school's aim and ethos; and
2(2)(d)(ii) encourages respect for other people, paying particular regard to the protected characteristics set out in the 2010 Act(a).

EYFS

1.3 Personal and emotional development (understand own feelings; manage emotions; develop positive sense of self; set simple goals; confidence in own abilities; wait for what wanted; direct attention as necessary; look after own bodies (healthy eating); manage personal needs).

1.2 Supporting Documents

The following related information is referred to in this policy:

Curriculum Policy
The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019
The Education Act 1996
Equality Act 2010
Fundamental British Values and Curriculum – Junior School
Fundamental British Values and Curriculum – Senior School
Individual Needs and SEND Policy
Relationship, Sex and Education Policy
Safeguarding Policy
SMSC Policy

1.3 Terminology

School means Haberdashers' Girls' School Limited which is operated by Haberdashers' Aske's Elstree Schools Limited, the School Trustee of Haberdashers' Aske's Charity.

Student or **Students** means any Student or Students in the School at any age.

2 Introduction

PSHE is designed to complement and deepen the Students' understanding of themselves and the contemporary world. The programme is delivered through the PSHE lessons, the academic curriculum, off timetable sessions and extra-curricular activities. It is the intention that PSHE will help each student to lead an informed, healthy and socially responsible lifestyle, being aware of the responsibilities, risks and challenges faced by young people and adults in the global society of the 21st century. The School is constantly evolving the programme with

new resources to ensure that every student is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.

3 Objectives

In PSHE, the view is that in the event of a student asking a question, the subject matter often becomes age-appropriate by default. Consequently, staff will endeavour to respond by answering the student's question honestly and informatively in order to foster a frank and informative atmosphere, whilst maintaining appropriate language and terminology for the students present. Where a member of staff is unable to, or feels it inappropriate to, answer the question in the given environment, the student may be referred to an appropriate staff member or external agency. There may be occasions when a teacher will use discretion about dealing with particularly explicit subject matter and may suggest that the question is dealt with in a less public forum (such as at the end of a lesson). The teacher may also choose to refer the matter to the DSL if concerned about the language, content or theme of the question. In any event, full consideration of the School's Safeguarding Policy will be maintained at all times to protect all students.

PSHE reinforces the School's aim of educating the whole person. Each Student will be given access to resources and a curriculum that provides opportunity for intellectual, cultural, emotional, moral, social and spiritual development.

PSHE offer to Students

- Develop confidence and responsibility to make the most of the Student's abilities
- Develop socially and emotionally
- Understand how to maintain their wellbeing
- Develop a healthy, safe lifestyle
- Develop good relationships
- Respect the differences between people and cultures
- To develop skills regarding financial capability

Experience a breadth of opportunities to participate, meet and work with people and make informed life choices and decisions. PSHE gives every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future.

4 Equality and British Values

PSHE aims to help each student develop qualities of tolerance and understanding, so that they are able to make independent judgements. PSHE lessons help each student to develop confidence and integrity to support a view they believe to be right, whilst respecting the rights and opinions of others. These values will be instilled through PSHE lessons, which are often discussion-based, and will consider the views of all, with an approach that is respectful and inclusive to all religious beliefs, genders, races, disabilities, sexual orientations, and social and economic backgrounds. PSHE lessons will promote a clear ethos that challenges discrimination and bullying of any kind, in line with the School's values. Students will be

encouraged to examine their own prejudices and give proper consideration to the concept of discrimination both within the School setting and the wider community. Students will learn about the importance of speaking out against discrimination and will be encouraged to report any such experiences, whether directed at, or witnessed by, themselves within the School community and beyond. A historical understanding of the origins of racism and prejudice will be encouraged.

Students will learn about British values, in terms of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. This will enable Students to challenge extremist views, whilst still debating controversial issues. PSHE Education lessons will provide a safe space in which students and staff can understand the risks associated with extremism and develop knowledge and skills to help challenge extremist arguments. All teachers are aware of their safeguarding duties within the wider framework, and best practice is encouraged in order to promote students' welfare and prevent radicalisation and extremism.

British values are actively promoted through lessons and enable students to develop their self-knowledge, self-esteem, and self-confidence; to distinguish right from wrong; to respect the civil and criminal law of England. They are also encouraged to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely. Students are expected to be tolerant of different cultural traditions and acquire an appreciation of, and respect for, their own and other cultures.

5 Relationship and Sex Education

Our PSHE programme includes a comprehensive Relationship and Sex Education (RSE) programme. The provision of RSE within both the Junior and Senior Schools is explained in detail in our separate RSE Policy.

6 Health Education

PSHE includes a Health Education programme that encourages students to develop an understanding of the importance of maintaining a healthy lifestyle, through a balanced diet, appropriate exercise and sleep.

6.1 Junior School

In the Junior School, students develop the skills and knowledge necessary to maintain their physical, mental, and emotional well-being. Lessons are carefully designed ensuring an age-appropriate and comprehensive approach to health education. Emotional and mental health are supported by activities that help students recognise and manage their feelings, build resilience, and develop strategies to seek help when needed. Social skills, such as communication, empathy, and teamwork, are embedded throughout the programme to foster positive relationships and respect for others. By providing a safe and inclusive environment,

the PSHE curriculum empowers students to make informed decisions, adopt healthy habits, and navigate life's challenges with confidence and care.

6.2 Senior School

In the Senior School programme, students are encouraged to consider the impact of the media in terms of body image and self-esteem, with a view to recognising media stereotypes, unhealthy lifestyles and negative peer pressure, so that they may develop appropriate resilience strategies to support their wellbeing and promote healthier, positive lifestyles. Students are taught about the challenges of the 21st Century and how to seek help and keep safe in stressful and emergency situations. Students are taught essential life skills including first aid and CPR techniques. Students are taught a number of evidence-based techniques for the management of stress and maintenance of wellbeing, including Mindfulness, techniques derived from Yoga for Stress Management course. Students are encouraged to develop a regular practice in the techniques that they find work for them.

7 Communication and Study Skills

PSHE aims to develop skills that are useful in academic subjects: study skills; confidence in verbal and non-verbal communication; group work; responding to ideas different to their own; responding to teachers in a different fashion to that experienced in other more traditional academic lessons; encouraging flexibility of mind whilst maintaining appropriate boundaries.

PSHE is an integral part of the curriculum. It is not viewed as an 'optional extra' within the School community.

8 Citizenship

Citizenship is taught as an integral part of the PSHE curriculum. The curriculum explores the concept of British values, the rule of law, political systems and democracy – both micro and macro, the importance of freedom of expression, rights and responsibilities, moral and legal obligations, the concept of community, and speaking out against bullying, racism and prejudice. Citizenship is also explored throughout the wider School community, both within the School curriculum and the ethos practiced by School staff and students alike.

9 Teaching Strategies

Staff provide a variety of experiences/activities within the PSHE Programme. This includes discussion, debate, research, visual stimuli, presentations, thought and reflection where appropriate. Opportunities are provided for group discussion. At these times students are encouraged to listen and respond to the views of other students, and time is allowed for reflection. Emphasis is placed on understanding and appreciating the breadth and variety of social and cultural traditions and beliefs at School and within the wider community. Lessons

are conducted in a supportive and disciplined manner that reinforces mutual respect. Staff make use of the School's rewards system for good work.

10 PSHE Head of Department Responsibilities

The PSHE programme is led by the Head of PSHE in the Senior School and PSHE Subject Leader in the Junior School who work in conjunction to ensure there is a spiral programme throughout the School. A spiral programme ensures that topics gradually increase in content and depth to match the growing needs and understanding of students.

11 Special Educational Needs and/or Disabilities

PSHE will be adapted to all students, irrespective of any special educational needs and/or disabilities (SEND). Lessons will be planned and/or modified as required (wherever possible and practicable) to take into consideration any students with special educational needs and disabilities; teaching will be appropriately differentiated and personalised to support accessibility. Particular care and attention will be directed towards those students who are more vulnerable to exploitation, bullying and other issues due to the nature of their special educational needs and/or disabilities. RSE can be particularly important to those with social, emotional and mental health needs or learning disabilities; lesson planning will take into consideration individual circumstances, wherever possible and practicable.

12 Consultation with Parents

The PSHE Policy (including a curriculum overview) and the RSE Policy are published on the School website. In the Junior School, information about each topic being taught is shared with parents termly. Additionally, parents are invited to PSHE and RSE talks yearly, providing opportunities to learn more about the themes covered and ask questions. In the Senior School information concerning topics covered by specific year groups is also disseminated via email at the beginning of the academic year. Parents are invited to speak to the Head of PSHE or an appropriate member of the Senior Leadership Team and/or offer feedback on the PSHE and RSE curriculum delivered to Students, and the overarching PSHE / RSE policy.

Parents are referred to useful online resources, in order to assist with conversations at home around key topics. The School is also affiliated with Tooled Up Education - a resource that aids teachers and parents.

Students are consulted (through surveys and student voice groups etc.) in order to obtain feedback on the PSHE curriculum and to support appropriate two-way dialogue, so as to enhance the PSHE programme in order to better support the students' needs.

13 Framework

13.1 Reception (Early Years Foundation Stage)

In Reception, PSHE is an integral part of the topic work covered throughout the entire year. Many aspects of the Early Learning Goals are steered towards children's physical and emotional development and wellbeing. The PSHE curriculum in Reception incorporates the Relationship Sex and Education (RSE) requirements. Children have opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of other children and older people. Children are empowered with language to discuss their emotions and advocate for themselves. As members of a class and school community, they learn social skills such as how to share, take turns, play, help others and resolve simple arguments. These aspects form elements of our weekly PSHE sessions, but also discussed, highlighted, referenced and role-modelled daily. A weekly PSHE lesson is taught in Reception. The sessions range from circle time discussions, role play or story-based learning.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being me in my world	Relationships	Changing Me	Celebrating Difference	Dreams and Goals	Healthy Me
Identify special things about themselves	Family life, and different roles within a family	Respecting my body	Recognising unique talents	Facing challenges	How to keep healthy
Expressing emotions	Different types of family	Adjusting to change	Understanding people's similarities and differences	Perseverance	Food, exercise and sleep
Managing and expressing feelings	Managing friendships	Changes in my body since birth	Our homes and why they are important	Jobs and careers	Handwashing
Working with others	Falling out	Names and functions of some parts of the body	How to be a kind friend	Achieving goals	Safe adults – saying 'no' to strangers
Children's rights (including right to play and right to learn)	Managing feelings	Managing worries	Qualities of positive friendships		
	Caring for others				

13.2 Junior School

In the Junior School, we allocate an hour to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way. All PSHE and form time sessions are led by the class teacher.

These lessons are reinforced and enhanced in many ways: assemblies and form times, external speakers, the house points system, and our rewards and sanctions policy. There is also an important link with home, therefore parents are invited to listen to speakers and seminars on relevant topics. The School also works with Dr Kathy Weston and is a "Tooled

Up School". Dr Weston works with a team of qualitative researchers and collaborates with eminent mental health and other professionals to source, curate and develop resource information that can empower parents, carers or those who work with children. This resource provides many helpful resources and talks for parents on a variety of topics.

We have developed our own bespoke carefully thought-through scheme of work which brings consistency and breadth to our children's learning in PSHE. To ensure progression and a spiral curriculum, we use a range of resources and adapt them to suit the needs of our children.

PSHE is taught within a safe and supportive learning environment, where students can develop the confidence to ask questions, challenge the information they are offered, contribute their own experience, views and opinions, and put what they have learned into practice in their own lives. Lessons are introduced and structured to ensure that respectful listening occurs. This is set up at the start of each lesson and reiterated when required. A strong rapport is built with the teacher through a positive classroom atmosphere of mutual respect and where no question or comment is dismissed or disregarded, which allows for open discussions and sharing of knowledge without judgement. The School is aware that some students may be more vulnerable than others in different lessons, for example, due to the death or serious illness of a close relative, mental health issues etc. Approaches to learning will be adapted for those students where needed.

In the Junior School, a spiral curriculum is followed, whereby the same themes are returned to year on year, to deepen the students' understanding in an age-appropriate way. A summary of these themes for **years 1-5** is shown in the table below.

Term	Unit	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community.
Autumn 2:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Spring 1:	Changing Me	Includes age-appropriate Relationships and Sex Education in the context of coping positively with change
Spring 2:	Celebrating Differences	Includes celebrating diversity, and anti-bullying (cyber and homophobic bullying included in relevant year groups)
Summer 1:	Dreams and Goals	Includes goal setting, aspirations (who do I want to become and what would I like to do for work and how I could contribute to society)
Summer 2:	Healthy Me	Includes drugs and alcohol education (in relevant year groups), self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise

Year 6

Year 6 students follow a specially designed PSHE curriculum tailored to their needs to ensure that students are equipped with the skills and confidence needed for their next stage of education and personal growth.

Autumn 1 Community and Responsibility	Autumn 2 Relationships	Spring 1 Changing Me	Spring 2 Diversity and Differences	Summer 1 Life Skills	Summer 2 Physical and Mental Health
Setting Goals and Facing Fears	Setting Boundaries	Understanding Puberty	Understanding Racial Diversity	Understanding Financial Responsibility	Understanding Mental Health

Understanding Children's Rights	Understanding Friendships	Body Changes	Managing Influences on Beliefs and Decisions	Being Aware of Media Influences	Managing Stress and Triggers
Recognising Wants and Needs	Managing Peer Pressure	Emotional Changes		Recognising and Avoiding Online Fraud	Body Image Awareness
Challenging Stereotypes	Sharing Images Safely	Learning About Reproduction	Respecting Similarities and Differences	Spotting Fake News	Understanding Drugs and Alcohol
Being a Positive Online Citizen	Understanding Loss and Grief	Exploring Relationships and Consent	Exploring Identity	Processing Success and Failure	
Recognising Harmful online content		Respecting Personal Boundaries	Understanding Disability	Navigating Life Changes	
Using Your Voice in the Community		Managing Feelings About Change	Understanding Religion and Beliefs	Learning Basic First Aid	
Understanding Democracy and Equality		Building Self-Esteem During Puberty	Recognising and Responding to Bullying	Responding to Injuries and Emergencies	
Learning about Protected Characteristics		Understanding the Menstrual Cycle			

13.3 Senior School

In the Senior School, the timetabled elements of PSHE Education courses are delivered by specialist PSHE teachers. However, all teaching staff receive training and guidance on teaching PSHE. Additional guidance on the teaching of specific topics is also provided by the Head of PSHE in conjunction with the Head of Year. There are also timetabled carousel courses on key topics in Year 10 and Year 11, including mental health, stress management techniques (mindfulness and yoga) First Aid, Online Safety and Safety in public places, as well as intimate relationships. Teachers delivering carousel courses are chosen (subject to timetabling constraints) so that the courses they run are most suited to their role and level of training. Sharing good practice is encouraged at every level. Other key elements of the PSHE programme are delivered off timetable, by external providers or teachers with specialist training in a particular area. Off timetable sessions are timed to fit with the work being done on timetable, so that students can build up and down from the work they do with topic experts.

Year 7

Students receive one lesson every two weeks from their specialist PSHE teacher, totalling approximately 15 PSHE Education lessons during the course of the year. This is supplemented by 5 hours of PSHE content delivered by form tutors on Friendships and the

transition into year 7. Related off timetable sessions are delivered on the key topics of puberty (2 hours). The following topics will be covered:

- Introduction to PSHE Education and “What to do at School if ...”
- Friendships
- Friendships with boys
- Bullying
- Physical Development (puberty)
- Health and Hygiene
- Emotional Development
- Self Esteem
- Relationships, consent and reporting concerns

Year 8

Students receive one lesson every two weeks from their specialist PSHE teacher, totalling approximately 15 PSHE Education lessons during the course of the year. This is supplemented by 5 hours of PSHE content delivered by form tutors on Financial Awareness. An externally run session will be focussed on Female Genital Mutilation. In addition, the following topics will be covered:

- Citizenship & British values
- LGBTQ+ Rights
- Healthy Relationships, including online and sexting
- Nutrition and body image

Year 9

Students receive one lesson every two weeks from their specialist PSHE teacher, totalling approximately 15 PSHE Education lessons during the course of the year. This is supplemented by 5 hours of PSHE content delivered by form tutors on managing friendships and family relationships. There is also an off-timetable session on risks around drug taking and addiction (90 minutes). The following topics will be covered within the specialist-taught timetabled sessions:

- Drugs and Alcohol Awareness
- Self-Awareness
- Relationships Education
- Managing change, including within families
- Politics and citizenship, including an exploration of the origins and dangers of radicalisation

Year 10

Students receive one lesson per week, totalling approximately 30 PSHE Education lessons during the course of the year. These are delivered via a carousel, with each course lasting 4 weeks, and delivered by a teacher with specialist knowledge of the topic. Off timetable sessions are focussed on intimate relationships and sexual health.

The topics that Year 10 students will cover this year within the carousel programme are:

- Emergency Life Support and First Aid
- Wellbeing – mental health, adolescence to adulthood self-esteem, self-harm and eating disorders

- Stress management techniques, including some techniques derived from mindfulness and yoga.
- Citizenship and fundamental British Values
- Introduction to Higher Education – developing an understanding of the working world, through career choice, CVs and work experience
- Teenage life, including pornography, sexuality and diversity
- Relationships and Sex Education – developing an understanding about sex within both physical and emotional contexts, ‘healthy’ relationships and consent, safer sex (including STIs, STDs and contraception)
- Drugs and addiction

Year 11

Students receive one lesson per week, totalling approximately 21 PSHE Education lessons during the course of the year. These are delivered via a carousel, with each course lasting 3 or 4 weeks, and delivered by a teacher with specialist knowledge of the topic.

The topics that Year 11 students will cover this year within the carousel programme are:

- Wellbeing and mental health, including guidance on staying safe outside school
- Relationships and Sex Education – female health, pregnancy and parenting, difficult & challenging relationships
- Law and Order – developing an understanding of law and how it may affect young adults; appreciating the British legal system; what it means to be British; racism and society
- Financial Awareness - understanding the ‘value’ of money, managing debt, developing financial responsibility
- Harm Reduction - drug categories, peer behaviours, strategies & skills, tobacco, vaping, alcohol, spiking, staying safe at festivals and events, Illegal substances
- Online communication – internet safety, the influence of the internet on culture and relationships
- The dangers of extremism

Year 12 and Year 13

PSHE Education is partly delivered within the Form Tutorial sessions in the Sixth Form. These 30 minute sessions run fortnightly and are derived from the KS5 Your Journey of Life scheme of work.

Topics covered in Year 12 are as follows:

Term	Topics
Autumn 1	Financial Awareness Starting salaries and deductions; living arrangements; luxury items and their costs.
Autumn 2	Citizenship The democratic system; LGBTQ+ issues; sustainable living.
Spring 1	Personal Life and Health Marriage; responsible sexual activity; managing mental health.

Spring 2	Safety Learning to drive; crime and your behaviour; travelling safely.
Summer 1	Health Food and exercise; drug use; pregnancy.
Summer 2	Work and the Law Responsible borrowing; credit cards; employment rights and responsibilities.

Topics covered in Year 13 are as follows:

Term	Topics
Autumn 1	Media and Communication Conflict management; fake news and media ownership; media distortions of body image.
Autumn 2	Beyond School Emergencies and accessing NHS services; credit scores; ramifications of online behaviour.
Spring 1	Health and Wellbeing Addiction; sleep; preventative screening and tests.
Spring 2	Citizenship Whistle-blowing; disability; the distribution of wealth and power.

Sixth form students also take part in a programme of sessions delivered by external organisations, on topics including consent and pornography (90 minutes), gender equality (90 minutes), driving safety (90 minutes) and the risks around drug use (90 minutes).

14 Staff Training and Development

In both Junior and Senior Schools, the Head of PSHE liaises with the Senior Leadership Team to organise appropriate training for all staff. In the Senior School, teachers of specialist elements of the programme, such as the carousels, are to be encouraged to take on further training in their areas of expertise.

The Head of PSHE will encourage PSHE Education teachers where applicable to include PSHE Education teaching as part of their Professional Development cycle. The Head of PSHE/subject lead will also monitor Teaching and Learning through observation of PSHE Education lessons and feedback.

The Head of PSHE is responsible for supporting all and especially new staff in the teaching of PSHE. This will include discussion of materials, teaching methods and provision of Programmes of Study and Resources.

Staff INSET

There have been a number of whole-School INSET sessions in previous years that have been applicable to the delivery of PSHE Education. All teaching staff are to be given a refresher in the key principles of PSHE teaching early in the academic year. Staff also have access to Dr Kathy Weston “Tooled Up” resources and sessions are co-ordinated for students, parents and staff. The PSHE Department teaching team have INSET training time at the start of the academic year and department meetings during the course of the year.

15 Confidentiality and handling sensitive issues

15.1 Procedures

- Information about Students should not be passed on indiscriminately
- The DSL should be informed as appropriate and in line with the School’s Safeguarding Policy
- Teachers must not offer unconditional confidentiality to Students or parents
- Teachers should make it clear that some information may need to be passed on in the Student’s best interests. The Student should be told when this has to happen, what will be done with the information and who will have access to it
- In the case of illegal activity, the DSL and the Headmistress should be informed immediately; preferably the Student should be taken to the DSL/Headmistress
- Where outside agencies or speakers are engaged at School, they should be made aware of, and abide by, confidentiality procedures and the School’s Safeguarding Policy.

15.2 Teaching Controversial Issues

Learning from real life experience is central to PSHE Education, and sensitive and controversial issues are certain to arise. Students should not be sheltered from such issues, as these issues may help the Students develop an important range of skills including listening, accepting another point of view, arguing a case, dealing with conflict and distinguishing between fact and opinion.

Issues that are likely to be sensitive or controversial are those that have a political, social or personal impact. Sex education, religion, politics, family lifestyle, values, bullying and bereavement are all likely to fall into this category.

In the teaching of controversial issues, there is always a risk of bias, whether unwitting or otherwise. Teachers should adopt strategies that will teach students how to recognise bias, how to evaluate evidence put before them, how to look for different interpretations, views, sources of evidence, and how to give reasons for what they say and do.

Teachers will seek to avoid bias by resisting any inclination to:

- Highlight a particular selection of facts or items of evidence thereby giving them a greater importance than other equally relevant information
- Present information as if it is not open to alternative interpretation/qualification / contradiction
- Set themselves up as the sole authority, not only on matters of ‘fact’ but also on matters of opinion
- Present opinions and other value judgements as if they were facts

- Reveal their own preferences by facial expression, gesture, tone of voice etc.
- Imply preferences by a particular choice of respondents or by not opening up opportunities for all students to contribute their views to discussion
- Neglect challenging a consensus of opinion which emerges too readily.

Teachers should aim to secure within the classroom a climate in which all Students are free from any fear of expressing reasonable views that contradict those held by either their class teachers or by their peers.

The need for balance should not be regarded as inhibiting a clear stand against racism and other forms of discrimination.

15.3 Legal Statutory Requirements

The Education Act 1996 aims to ensure that children are not presented with only one side of political or controversial issues by their teachers. Section 406 of the Act requires school governing bodies, head teachers and local education authorities to forbid the promotion of partisan political views in the teaching of any subject in schools. Section 407 requires them to take all reasonable practical steps to ensure that, where political or controversial issues are brought to students' attention, they are offered a balanced presentation or opposing views.

16 Teaching Strategies

These guidelines are particularly applicable to teachers delivering PSHE courses where, by their nature, the subjects covered in lessons are more sensitive.

17 Ground rules

These are explained to each class at beginning of units. There should be no personal questions, nobody should be forced to take part in the discussion, the meaning of all words should be explained in a sensible, factual way, and all correct names should be used for body parts. Staff must make it clear that information may have to be passed on to a DSL if necessary. It may be useful for a class to draw up a list of their own ground rules for use in the PSHE Education lessons or discuss the ground rules provided. This can be referred to at a later stage and allows students to take 'ownership' of their rules.

17.1 Depersonalisation

Discussion should be depersonalised; the use of role play and case studies is encouraged.

18 Links

1.1 Links to other aspects of School life

PSHE Education opportunities lie in many aspects of School life:

- School events (St Catherine's day, Carol Service, charity events)
- Visits, trips and activity days
- Attending, preparation and participation in main School assemblies, denominational assemblies and section and form assemblies
- Within the form time and tutorial programmes; during academic subject lessons
- Participating in sports teams, tours and activities
- Helping to produce the School magazine
- Involvement in societies and clubs (e.g. Amnesty, Philosophy Society, Debating, EYP, MUN, drama, academic, sporting, music ensembles and orchestras etc.)
- Making choices for the future (GCSE, A level, UCAS application and career choices)
- Working with the community such as, work experience, the Junior School Charity Programme and the Senior School Partnerships Programme
- Organising charity fund-raising events (St Catherine's Day and form charity events)
- Prefect Duties
- Student Voice (taking part in the decision-making process of the School)
- Performing in front of an audience (School Plays, Music Festival, Concerts, Debating etc.)
- Inter-form/house competitions (sporting, quiz etc).

18.1 Links between the Junior and Senior Schools

The Head of PSHE in both Junior and Senior School meet regularly to discuss relevant issues, ensure continuity and share ideas.

18.2 Links with the Boys' School

The Head of PSHE/Subject Leads at the Boys' and Girls' Schools meet regularly to discuss relevant issues, ensure continuity and share ideas. Some PSHE sessions are delivered jointly and resources are often shared.

Boys' and Girls' School staff engage in joint training sessions, focussed on particular issues such as consent and diversity.

18.3 Signposting of Web Resources around the school

Posters are placed in a number of locations around school which highlight to students recommended online resources relating to mental health, sexual health and other PSHE Education topics, along with information about support charities, for themselves and/or other Students (and staff).

18.4 Links with Parents

Parent talks on relevant topics are organised throughout the year, and we will continue to do this where relevant issues have been identified, in consultation with Pastoral Leaders.

Within the Senior School:

- reports include curriculum information on PSHE Education.
- parents are emailed periodically with information concerning topics covered by specific year groups
- links to relevant supporting materials are shared with parents in the process of informing them about upcoming off timetable sessions.

19 Assessment and Recording

19.1 Junior School

Assessment in the Junior School ensures a structured and effective approach to monitoring learning and progress. This is achieved through a combination of baseline assessments, the use of 'I can' statements, and opportunities for students to voice their questions and concerns anonymously through an Ask It Basket. All children receive an 'Attitude to Learning' grade descriptor for PSHE in their annual school report.

19.2 Senior School

While students' values and their self-esteem may be difficult to assess, factual knowledge (e.g., the effects of certain drugs, where help can be sought etc.) may be more assessable. At the end of PSHE units, students take a short quiz via the Menti website. This displays and records their results instantly and anonymously, which enables teachers to respond to any remaining gaps in understanding that are highlighted. The results can also be reviewed in the process of planning and further developing the units. Dedicated and specific areas of reflection have also been set aside within PSHE Education booklets, where Students can offer their personal reflection on the topics covered. The booklets also often contain the opportunity to identify 5 Facts that the Student has learnt or revised during their study. Other subject understanding can be assessed and observed through discussion or role play, or by capturing before and after 'screenshots' or photographs or collective/individual work. Personal and social skills can also be observed and assessed in real or simulated activities, by students, peers, teachers or other staff. Much evidence is ephemeral and qualitative. Limited homework is set in PSHE Education lessons, as per the lesson plans only. PSHE Education teachers are expected to use their ongoing assessment of students' understanding and development to inform and review the teaching and learning process.

Outstanding work, written or otherwise, should be recommended for the Excellence Book by PSHE Education staff. The cornflower awards and house points can also be used to good effect in PSHE lessons.