

Treetops Specialist School & College

EYFS, KS1, KS2, KS3 and KS4: Personal, Social and Health Education and Learning for Life (including Relationships and Sex Education - RSE) Policy.

Learning for Life / PSHE

The aim of Learning for Life / PSHE is to equip students with current, up-to-date information on issues that they may face in the wider world to enable them to make informed choices and opinions, from drugs to bullying and RSE (which focuses the effective delivery of relationships education, including sex education within secondary schools). Learning for Life/PSHE and RSE are obligatory but non-examined subjects which help to equip our students for life outside school and the role they take on after education. RSE is not about encouraging teenagers to become sexually active nor is it about promoting any particular lifestyle or relationship choice. RSE is about providing pupils with the knowledge, skills and confidence to make safe, healthy and informed relationship choices as young people and in the future as adults.

Treetops school is founded on inclusivity, this inclusivity includes gender, sexual orientation, race, religion, LGBT+ and is the basis for which successful Learning for Life/PSHE, and in turn, successful pupils are created. The intended outcomes for our programme are that pupils will:

- Know and understand how to form and sustain healthy relationships
- Understand they have the right to voice and opinion and be accepted when doing so
- Understand they have the responsibility to treat everyone as equals
- Develop the skills to maintain a healthy lifestyle both physically and mentally
- Develop the attributes of confident, well informed and inclusive young adults

Staff and facilities

Primary PSHE lessons are taught for one hour each week by the class teacher. There are also opportunities for outside visitors to present to classes in order to consolidate learning and allow students to ask more detailed questions and expand their knowledge. The teachers are all supported by the subject lead. High levels of staffing at lunchtimes on the playground means that we are also able to discreetly teach students about building relationships, working together and managing conflict.

For Years 7 – 11 Learning for Life is led by the Subject Lead. Students are taught in tutor groups led by Form Tutors and some topics are supported by the School Nurse. In addition, a variety of external speakers may support various aspects of the curriculum; these may include the Fire and Rescue Services and local organisations and businesses. All teachers of Learning for Life will have access to a range of resources and support to ensure teaching is accurate, supportive and appropriate for their learners needs.

Governors will be responsible for the policy and ensure all aspects of the policy meet statutory regulations and guidance with support of the Head Teacher. The Learning for Life/PSHE subject Lead will be responsible for the production and upkeep of teaching resources and ensure the provision is to the highest possible standard. Staff will be given professional training opportunities on a regular basis and in line to meet any identified needs.

Teaching and Learning Styles

The programme of study has been created to meet the needs of our learners whilst at the same time covering the legal requirements set out by the Government. We use a range of teaching and learning styles to teach Learning for Life/PSHE and RSE. We emphasise active learning by including the children in discussions, investigations and problem-solving activities. We encourage the children to take part in a range of tasks that promote active citizenship, for example charity fundraising or the planning of special school events such as an assembly. We organise classes in such a way that pupils are able, through discussion, to set agreed classroom rules of behaviour, and resolve any conflicts. We offer children the opportunity to hear visiting speakers, whom we invite into the school to talk about their role in creating a positive and supportive local community. Formative assessment will be on going throughout the entire programme and should be the main driving force in meeting our student's needs. At the beginning and end of each topic the knowledge and understanding of the pupils will be assessed and used to inform future teaching. Pupils will have opportunities to review and reflect on their learning during lessons and pupil voice activities and this will be vital in adapting and amending planned learning activities.

Due to the nature of Learning for Life/PSHE and RSE we will ensure that pupils are taught in a safe learning environment with clear ground rules and where possible distancing techniques will be used to keep our pupils safe and confident. All sensitive issues will be handled with care and any safeguarding issues will be dealt with in line with school policy.

Learning for Life/PSHE and Curriculum Planning

We teach Learning for Life/PSHE and RSE in a variety of ways. Sometimes, for example, when dealing with issues in drugs education, we teach as a discrete subject. On other occasions we introduce topics through teaching in other subjects. Also, as there is a large overlap between the programme of study for religious education and the aims of Learning for Life/PSHE, we deliver a considerable amount of the curriculum through our religious education lessons. We also develop the subject through various activities and whole-school events, for example the school council representatives from each class meet regularly to discuss school matters.

Teaching Learning for Life/PSHE to children with special needs

We teach Learning for Life/PSHE and RSE to all children (Sex Education at Secondary), regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of children with learning difficulties. When teaching, teachers take into account the targets set for the children in their IEPs, some of which targets may be directly related to Learning for Life/PSHE and RSE targets. For gifted and talented pupils, teachers will provide additional opportunities to take responsibility, develop leadership skills, think creatively and use their talents for the good of the class or the wider community.

EYFS/KS1 (PSED)

- Friends and Family
- Feelings
- Right & wrong/making good choices
- Keeping Safe (including units on road safety/stranger danger)
- Forming good relations/sharing & taking turns
- Caring for others, animals and our possessions

KS2

- Taking part
- Living in a diverse world
- Knowing me
- Protecting the environment
- Being with people
- Staying healthy
- NSPCC programme - Speak Out, Stay Safe programme

Key Stage 3

- Bullying – different types of bullying, how to identify it, where to go for help and dealing with online media.
- Healthy eating and physical health – how to make healthy choices and understand personal hygiene.
- Relationships and families – exploring diverse and healthy relationships, body image/changes.
- Keeping safe – basic first aid and dealing with potential dangers.

Key Stage 4

- Intimate and sexual relationships, including sexual health.
- Media – body image and how the media portrays relationships.
- Economic wellbeing – how to open bank accounts and budgeting.
- Keeping healthy – mental health, drugs, alcohol and tobacco.
- Careers – CV writing and mock interviews in Year 11. Considering choices post 16.
- Study skills – revision techniques and how to manage exam stress.

Parental Engagement

Parents will have access to the Learning for Life/PSHE policy at all times via the school website and any changes will be notified. We are fully committed to working with parents and carers and will work closely with them so that they are fully aware of what is being taught. Parent information sessions and use of digital communication will empower parents to follow up class work at home and we welcome your feedback regards any and all content.

Right to withdraw your child

You cannot withdraw your child from Health Education or the Relationships Education element of RSE because it is important your child receives this content. If you do not want your child to take part in some or all of the Sex Education lessons delivered at school, you can ask that they be withdrawn. The Head Teacher will request a meeting to discuss this with you, and will grant this in all but exceptional circumstances, up until three school terms before your child turns 16. At this age, your child can choose to receive Sex Education if they would like to, and the school will arrange for the child to receive this teaching in one of those three terms (unless there are exceptional circumstances).

There will be no parental right to withdraw from relationships education, health education, or sex education delivered as part of the science curriculum.