



PSHE POLICY – PREP SCHOOL

1. Introduction

PSHE (Personal, Social and Health Education) is a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in the modern world. Evidence shows that well-delivered PSHE programmes have a positive impact on both academic and non-academic outcomes for pupils.

2. Aims

The curriculum aims to develop pupils' personal skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of learning grouped into three core themes:

- (i) health and wellbeing;
- (ii) relationships; and
- (iii) living in the wider world

3. Teaching

The PSHE sessions are delivered by class teachers every week as part of the timetable. All class teachers are supported by the Head of Prep with a scheme of work.

4. Curriculum summary

The following themes are covered by individual year groups during the course of the academic year:

i) Key Stage 1

Health and Wellbeing	Relationships	Living in a Wider World
<ul style="list-style-type: none"> • Knowing myself • Healthy Lifestyle • Good and bad choices • Feelings, change and loss • Emotional and physical safety • Personal hygiene • Growing • Disease 	<ul style="list-style-type: none"> • Feelings • Fairness and kindness • Working and playing together • Similarities and differences • Bullying • Secrets and surprises 	<ul style="list-style-type: none"> • Following rules • Helping others • Responsibilities and sharing • Communities • The environment • Money

ii) Lower Key Stage 2 (Years 3 & 4)

Health and Wellbeing	Relationships	Living in a Wider World
<ul style="list-style-type: none"> • Factors that impact health • Balanced diet and lifestyle • Bacteria and viruses • Keeping safe • Risk, danger and hazard 	<ul style="list-style-type: none"> • Respecting, responding to and expressing feelings • Secrets • Bullying • Dares • Physical contact • Change and transition • Dealing with pressure 	<ul style="list-style-type: none"> • Debate topical issues • Rules, laws and consequences • Rights and responsibilities • Values • Communities • Malaysian identities

iii) Upper Key Stage 2 (Years 5 & 6)

Health and Wellbeing	Relationships	Living in a Wider World
<ul style="list-style-type: none"> • Media and its role • Strengths and goals • Emotions • Emergency aid • Habits • Puberty • Sexual Education 	<ul style="list-style-type: none"> • Types of relationship • Marriage • Relationship support • Resolving conflict • Bullying, including cyber bullying • Differences, stereotypes and discrimination 	<ul style="list-style-type: none"> • Debate topical issues • Human Rights • Consequences • Economic choices and enterprise

5. Monitoring and evaluation of the programme

In order to be successful, it is very important that the programme is seen as relevant to the age and needs of our pupils. To meet this objective, regular monitoring and evaluation is carried out by teachers with the Head of Prep.

6. Useful links and resources

Parents and staff seeking further information may find the following links and resources helpful:

- *'What's happening to me?'* - *An Illustrated Guide to Puberty*, Peter Mayle, published by Kensington Publishing Corp.
- *I am here now - A Creative Mindfulness Guide and Journal*, The Mindfulness Project, published by Tarcher Perigee
- *Happiness Now*, Andrew Matthews, published by Seashell