

COGNITA



COLCHESTER
PREP AND HIGH SCHOOL

PSHE Policy

September 2024

1. Why is PSHE education provision important?

PSHE education makes a major contribution to our contribution to the 'Every Child Matters' outcomes for children and to our responsibilities to:

- promote children and young people's wellbeing
- achieve the whole curriculum aims
- promote community cohesion
- provide careers education and sex education
- This policy applies to all pupils in the School including our Early Years Department. The Early Years Department is also governed by the Early Years Foundation Stage Framework and reference should be made to the following Early Years policies:

6.5. Food and Drink

Valuing diversity and promoting equality

10.11 Early Years Policy

2. Why is PSHE education important to children and young people?

- PSHE education equips children and young people with knowledge, understanding, attitudes and practical skills to live healthy, safe, productive, fulfilled, capable and responsible lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in managing their finances effectively. PSHE education also enables children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.
- Our school provides a balanced and broadly based curriculum which:
- promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society
- prepares such pupils for the opportunities, responsibilities and experiences of adult life.
- encourages pupils to maintain a healthy lifestyle including an understanding of the importance of healthy choices regarding food and participation in physical activities.
- teaches pupils the importance of economic well-being including ensuring money awareness and understanding of the importance of financial management and budgeting through in class lessons and practical activities.

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- ensures the promotion of Fundamental British Values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs
- encourages pupils to accept responsibility for their behaviour, show initiative, 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;
- enables pupils to acquire a broad general knowledge of and respect for public institutions and services in England;
- enhances tolerance and harmony between different cultural traditions by enabling students to acquire an appreciation of, and respect for, their own and other cultures.
- encourages respect for other people, including those with individual differences, and that all pupils understand that the use of prejudiced language can be perceived as bullying.
- encourage respect for democracy and support for participation in the democratic processes while precluding partisan political views.
- promotes e-safety to all pupils, ensuring students are educated on the risks carried with Internet use and how to minimise and deal with those risks. Providing students with knowledge and resources to make decisions to ensure their safety online
- We consider our PSHE curriculum to be integral to the continued improvement of Pastoral care throughout our school.
- The current ISI 'Excellent' grade descriptor for Pastoral Care includes:
- "Great care is taken to help pupils in the choice of their future school or educational path. Relationships between staff and pupils are excellent, and staff are devoted to helping pupils overcome problems whether in their work or in their relationships with others. The school has established a very positive ethos where pupils readily recognise that bullying or harassment of any kind is unacceptable."
- This underpins much of the work within our PSHE curriculum, details of which are available from relevant Form Tutors.

PSHE Policy

CPHS Author review	Cora Allen (Deputy Head, Pastoral)
CHS Headteacher Review	Karen Gracie-Langrick (September 2023)

Audience	
Audience	All school staff

Document application and publication	
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Wales	Yes
Spain	Yes

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Related documentation	
Related documentation	Early Years Policies: 6.5. Food and Drink Valuing diversity and promoting equality 10.11 Early Years Policy