

PERSONAL, SOCIAL & HEALTH EDUCATION POLICY

Personal, Social and Health Education is central to the educational entitlement of all students. At Saint Aidan's, it permeates the whole curriculum ensuring that students are taught about wellbeing, safeguarding and equality.

Within a Christian community, we aim to deliver courses that promote the spiritual, moral, cultural, mental and physical development of all students, in order to provide them with the knowledge, skills and attributes they need for the challenges and responsibilities of adulthood.

PSHE is taught within the Citizenship/PSHE framework for all students in Year 7, 9 and 11 whilst other aspects of PSHE are covered in various subject areas across the curriculum throughout KS3 and KS4. Students in KS4 receive career advice and some have tailored life coaching sessions, to support their development. Students in all years will take part in organised Personal Development Focus Days, which will cover all aspects of the PSHE/C curriculum; in the context of learning grouped into three core themes: health and wellbeing, sex and relationships and living in the wider world (including economic wellbeing and aspects of careers education).

At the heart of PSHE is the promotion of personal qualities, skills, attitudes and values that enable individuals to think and act for themselves, to manage relationships with others, to understand moral issues and to accept social responsibilities. The school's ethos, pastoral and guidance programmes are central to the personal and social development of all. All work done in relation to PSHE is carefully and systematically approached and reflects the maturity, needs and interests of the respective year groups.

Students are actively involved in their PSHE lessons and their needs in this area are carefully considered. Increasingly, students are also involved in the planning of individual units in order to ensure our PHSE lessons meet their interests and abilities. Each programme of study and subsequent units of work are reviewed annually by the PHSE Coordinator, taking into consideration data from students and the needs of our students based on our contemporary and ever-changing society.

We aim to help students to understand and control their own bodies and minds whilst also providing students with the knowledge, skills and understanding to prepare them to play a full and active part in society and therefore enabling them to enjoy a healthy, safe and happy future.

Reviewed By	Mrs Emma Jessop February 2021
Adopted by Governors' Policy Review Group	April 27th 2021
Adopted by Full Governors' Meeting	June 29th 2021 V5 re: LCC H&S Audit