



"Inspiring minds to ignite lifelong learning"



Onchan Primary School
School Road, Onchan, Isle of Man IM3 4PD
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PSHE Policy

At Onchan Primary School, we have developed and promote a values-based ethos which nurtures social and emotional life-skills by promoting self-belief, empathy and resilience.

This is completed using our 5 core school values:

- Compassion
- Respect
- Endeavour
- Courage
- Integrity

We have spent time developing an Onchan Curriculum for PSHE, which includes; Citizenship, Friendships, Digital Wellbeing, Keeping Safe, Money Matters and My Growing Body. These areas of focus sit underneath three main themes from the PSHE Association; Living in the Wider World, Relationships and Health and Wellbeing. Through these key themes we aim to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and be safe within the community and beyond.

Through PSHE and our values curriculum we encourage discussion of real-life issues in our world and challenge children to make a positive difference to their wider community through activities and experiences that go beyond the curriculum. This enables them to learn life skills to assist their personal and physical growth.

Well-being is a priority for all our pupils in our school so we aim to provide the opportunity to enable all pupils to be taught about positive emotional and mental wellbeing, including how healthy relationships can support mental wellbeing. For this learning we will be supported by Isle Listen. Throughout the school year all children in Key Stage 1 and 2, will receive classroom sessions from an Isle Listen Practitioner, covering a range of topics across 4 key areas: emotional literacy, self-esteem, positive relationships and coping skills.

- Key Stage 1 – will receive five classroom sessions.
- Key Stage 2 – will receive eight classroom sessions.

Children in Foundation Stage and Key Stage 1 will also receive three assemblies each year covering: An Introduction to Mental Health, Friendships and Changes.

Implementation

PSHE and RSE will be taught in all classes across school on a Monday. There will be occasions where this is subject to change due to trips or other school events.

Vision and Values

Our school vision and values play a key role in many of our discussions within PSHE. Across the year they are also referred to during carefully planned assemblies and our everyday teaching.

Monitoring and Teaching

A subject leader is responsible for ensuring a whole school progression is outlined from FS to Year 6 and ensure teachers use the PSHE curriculum to equip all pupils with an age-appropriate, sound



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understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Each phase builds on the vocabulary, knowledge and skills taught in the previous year to allow children to build on and acquire deeper understanding.

PSHE lessons are delivered by the class teacher, who continue to build positive relationships with the children across the academic year and who know their class the best. Supply staff are not used to deliver any Relationships and Sex Education (RSE) content. If staff feel uncomfortable or unsure when delivering the RSE curriculum or dealing with individual pupil needs, they can seek advice and support from the PSHE Subject Leader or our Inclusion Lead. Staff will identify specific challenges faced by learners with special education needs and disabilities and ensure the curriculum delivery is inclusive and needs-led to ensure all pupils are accessing and achieving in every lesson. Children within the SPC will have access to a Social Story to support the teaching of PSHE and RSE sessions.

Pupil and Parent interviews are conducted and reviewed, in order to improve and develop our PSHE curriculum during the year, to ensure that we are equipping our children with up-to-date information and addressing any key issues that may arise.

Staff updates, CPD and support is offered to staff, in order to guide their planning and teaching of PSHE. Adult guides and supporting resources are provided with each lesson. However, it is essential that resources are adapted to support the different learning needs of the children in each class including those with SEND.

By the end of Year 6, children will have been equipped with the following content:

- Our School Vision and Values
- Families and People who care for me
- Citizenship
- Digital Wellbeing
- Respect for our Environment and the Wider World
- Staying Safe
- Anti-Bullying
- Stereotypes
- The Role of Charities
- Respectful Relationships
- Friendships
- Basic First Aid
- Police Visits
- Health and Wellbeing
- My Growing Body
- Consent
- Money Matters
- Crucial Crew Sessions (Year 6)
- NSPCC Sessions (Year 5 and 6)

Digital Wellbeing

- The Online World



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- Cyberbullying
- Social Media
- News and the Media
- Relationships and Communication Online
- Privacy and Security
- Digital Footprint and Identity

Health Education

Health education aims to give all children the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. Isle Listen support these sessions across school.

By the end of Year 6, children will have been taught about:

- Mental Wellbeing
- Emotional Literacy
- Self-Esteem
- Positive Relationships
- Coping Skills
- Health and Wellbeing
- Basic First Aid

Links with our Science Curriculum

Some aspects of PSHE are cross referenced within the science curriculum. These include:

- Physical Health and Fitness
- Hygiene
- Healthy Eating
- Health Education
- Animal and Human Reproduction

Relationships and Sex Education (RSE) within PSHE

We believe that pupils should be given the opportunity to access a curriculum which prepares them for the changes that adolescence brings. All aspects of RSE are taught in a sensitive, age-appropriate curriculum which includes the components of Sex Education.

Our Relationships and Sex Education lessons are taken from a mixture of Twinkl, Kapow and the Island's Curricular Guidance. The lessons have been carefully selected and we have a systematic, planned approach to teaching these lessons from Reception to Year 6.

To avoid confusion and the risks that come with parts of our bodies not being named correctly, we will be using the correct terminology for these across school.



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Our Aims:

- To prepare pupils for the changes that occur to their bodies, minds and emotions as they grow from childhood to adulthood.
- To help support young people through physical, emotional and moral development.
- To work in partnership with parents, families and the wider community to promote positive relationships and provide effective support for young people.

*If Parents would like to withdraw their child from RSE, they must complete the form on the website and return it to school. Teachers will inform Parents when this part of the curriculum is being taught so that this option can be explored.

In Foundation Stage the children will learn about:

- My Body
- Feelings
- Families and Friendships

In Key Stage 1 the children will learn about:

- My Body
- Healthy Food
- Appropriate Contact/Privacy/Consent
- Hygiene
- Changes
- Different Types of Families
- Good and Bad Secrets

In Lower Key Stage 2 the children will learn about:

- My Body and My Choices
- Exercise and Fitness
- Drugs – Healing or Harmful
- Choices
- Human Reproduction
- Puberty Changes (Girls/Boys)
- Emotions
- Relationships and Families
- Privacy and Secrecy

In Upper Key Stage 2 the children will learn about:

- Puberty (Physical and Emotional Changes)
- Relationships
- Hygiene
- Human Reproduction/Pregnancy
- Consent
- Identity



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- Harmful Substances

Links with other policies

This policy cross references to:

- Safeguarding
- Anti-Bullying
- E-Safety
- Equality and Inclusion
- Relationships and Sex Education (RSE)

Review Date

September 2027