



**WARLINGHAM
PARK SCHOOL**

Warlingham Park School

PSHE Policy

September 2024

Introduction

At Warlingham Park School our motto is 'learning to grow' and it is our intent to provide the best start in life for all pupils in our care by providing a broad, balanced and enriching curriculum. PSHE is seen as a vital part of that curriculum.

We intend that our pupils acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. As part of a whole school approach, we will teach the qualities and attributes pupils need to thrive as individuals, family members and members of society.

We provide a framework in which sensitive discussions can take place. We will help pupils develop feelings of self-respect, confidence and empathy. We will do so by creating a positive culture around issues and ensure that we respect all those in the school community

We intend to teach children to be responsible, look after others and to follow our code of conduct known as 'The Warlingham Way'

The aims of the PSHE curriculum at Warlingham Park School are:

- Promoting the physical, mental, and emotional well-being of pupils by providing them with knowledge and skills related to health, relationships, and personal development.
- Developing pupils' understanding of social issues and encouraging them to think critically about the world around them.
- Teaching pupils about their rights and responsibilities as individuals and members of community.
- Promoting respect, tolerance, and empathy towards others, and helping pupils develop positive relationships with their peers.
- Providing pupils with the tools to make informed decisions about their own health and wellbeing, and empowering them to take control of their own lives.
- Equipping pupils with the skills they need to navigate the challenges of adolescence, such as peer pressure, bullying, and mental health issues.
- Fostering a supportive and inclusive school environment where all pupils feel valued and respected.
- Encouraging pupils to develop a sense of social responsibility and to actively contribute to their local and wider communities.
- Providing opportunities for pupils to discuss and explore sensitive topics in a safe and supportive environment.
- Encouraging pupils to reflect on their own values, beliefs, and attitudes, and to consider how these impact their relationships and decisions.

Our PSHE and wellbeing teaching involves

- Physical education
- Personal and health education
- Relationships and sex education
- Spiritual and moral knowledge and understanding
- Self-knowledge, self-esteem and self-confidence

Curriculum

The curriculum is delivered through weekly class lessons, assemblies and focussed initiatives throughout the school year.

- No Outsiders – teaching pupils that ‘everyone is different and everyone belongs’ and preparing them for life as Global citizens
- Use of Zones of regulation to understand and regulate our emotions and moods
- PSHE lessons (Thematic assemblies, initiatives such as citizenship days, career talks, charity events)
- Discovery Relationship and Sex Education curriculum. The programme is divided into 6 topics which are revisited every year (from year 1 - 6) allowing the children to build on their learning each year:
 - Coping with change
 - Healthy and happy friendships
 - Similarities and differences
 - Caring and responsibility
 - Families and committed relationships
 - Healthy minds, healthy bodies

An overview of the curriculum can be found at the end of this policy.

At Warlingham Park School we aim to make PSHE an enjoyable learning experience. We encourage pupils to participate in a variety of experiences through which we aim to build the confidence of all pupils. Teaching focuses on developing the pupils joining in class discussions and working through solutions. We use texts to provoke thought and discussion and an opportunity for pupil to reflect upon their own words and actions. Our reward system acknowledges respectful and kind behaviour, tolerance, resilience and an understanding of the world around us. Our rewards are linked to our code of conduct and learning powers.

Equal opportunities

All teaching and non-teaching staff should ensure that all pupils, irrespective of gender, ability, ethnicity and social circumstances, have access to, and make the greatest progress possible, in all areas of the curriculum. Children with special educational needs are taught the full PSHE curriculum which is tailored by their teacher to meet their needs. Some children may receive additional support to help them take a full and active role in PSHE lessons. Tasks will be adapted if necessary to help children to succeed and reach their potential. This includes tailoring the content and giving pupils more time to understand new vocabulary taught.

Assessment

Children's work in PSHE is assessed by making informal judgements as we observe them during each PSHE lesson. Assessment can be done through discussion, a piece of work or a reflection on the topic covered.

Pupils will be assessed against assessment criteria and the subject is included on the reports sent to parents.

Outcomes in PSHE demonstrate a broad and balanced curriculum which ensures that pupils are given the opportunity to become responsible citizens who have the skills and knowledge to make positive choices.

The curriculum, along with our code of conduct and Learning Powers ensures that pupils develop their own 'toolkit' to equip them for life beyond Warlingham Park School and will continue 'learning to grow'. The impact of our Wellbeing programme can be found for example in our children's behaviour, interactions in the playground and the positive atmosphere in our school.

Monitoring and review

The PSHE subject leader is responsible for:

- Monitoring the standard of the children's work and the quality of teaching and learning in PSHE
- Supporting colleagues in the planning, teaching and assessment of PSHE
- Evaluating the strengths and weaknesses in the subject and highlighting areas for further improvement on the subject action plan, and fed into the school development plan

Monitoring of the subject will take part termly and will involve:

- Planning and book scrutiny (where applicable)
- Interviews with pupils
- Conversations with staff
- Learning walks
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Reviewed: September 2024

Policy Holder Annie Ingrassia (Head)

Appendix 1 Assembly programme 24.25

Appendix 2 Discovery Education RSE overview

Appendix 3 No Outsiders overview

WPS Assembly programme Autumn term 2024/25

WEEK		NATIONAL AWARENESS DAYS, RELIGIOUS FESTIVALS AND EVENTS THIS WEEK	PROPOSED ASSEMBLY TOPIC(S)
1	2 to 6 September	<ul style="list-style-type: none"> International Literacy Day (8 September) 	Welcome and new year(Head)
2	9 to 13 September	<ul style="list-style-type: none"> International Day of Democracy (15 September) 	Rights and Responsibilities (Head)
3	16 to 20 September	<ul style="list-style-type: none"> International Day of Peace (21 September) 	International Day of Peace (Head)
4	23 to 27 September	<ul style="list-style-type: none"> European Day of Languages 	Who was Marie Curie – to tie with Marie Curie coffee morning on Friday 27 th September (Dep Head)
5	30 September to 4 October	<ul style="list-style-type: none"> Black History Month (begins 1 October) World Space Week (begins 4 October) 	Black History throughout October (KS) World Space week (RV)) and launch of Science competition
6	7 to 11 October	<ul style="list-style-type: none"> World Mental Health Day World Homeless Day (10 October) 	World Mental Health Day (Head) plus follow up activities in class Harvest Festival Assembly and collection (Nightwatch Charity to tie in with World Homeless Day)
7	14 to 18 October	<ul style="list-style-type: none"> Marie Curie 	What does it mean to be a ‘courageous reporter’? (Head)
9	4 to 8 November	<ul style="list-style-type: none"> World Science Day (10 November) 	World Science Day assembly judging Science competition (RV))
10	11 to 15 November	<ul style="list-style-type: none"> Armistice/Remembrance Day (11 November) 	Remembrance service at front of school (Nov 11 th)
11	18 to 22 November		Anti Bullying week activities assembly (Dep Head)


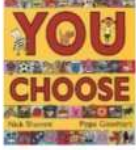


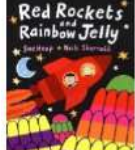

WEEK		NATIONAL AWARENESS DAYS, RELIGIOUS FESTIVALS AND EVENTS THIS WEEK	PROPOSED ASSEMBLY TOPIC(S)
12	25 to 29 November	<ul style="list-style-type: none"> Advent begins (1 December) 	Singing Assembly for Advent (Head)
13	2 to 6 December	<ul style="list-style-type: none"> Christmas nativities and Carol service 	What is the true meaning of Christmas (Head)

WPS Assembly programme Spring term 2024/25


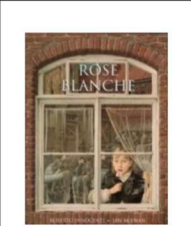

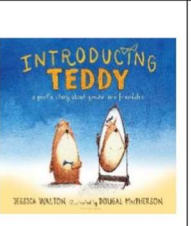

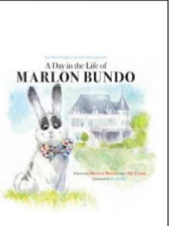
WEEK		NATIONAL AWARENESS DAYS, RELIGIOUS FESTIVALS AND EVENTS THIS WEEK	PROPOSED ASSEMBLY TOPIC(S)
1	6 to 10 January	<ul style="list-style-type: none"> Epiphany (6 January) 	Setting new SMART goals for the year (Head) Warlingham Way – ‘the right to be heard’ – a reminder of the role of our School Council
2	13 to 17 January	<ul style="list-style-type: none"> World Religion Day (19 January) 	World Religion Day (Head/LOS) – celebrating the faiths within the school and around the world
3	20 to 24 January	<ul style="list-style-type: none"> Dr. Martin Luther King Jr Day (20 January) Burns Night (25 January) 	The influence of Martin Luther King (Head)
4	27 to 31 January	<ul style="list-style-type: none"> Lunar New Year (29 January) 	Lunar New Year (LOS)
5	3 to 7 February	<ul style="list-style-type: none"> Children’s Mental Health Week (begins 3 February) 	Children’s Mental Health assembly (Head)
6	10 to 14 February	<ul style="list-style-type: none"> Safer Internet Day (11 February) 	How to keep safe online (RV)
7	24 to 28 February	<ul style="list-style-type: none"> St David’s Day (1 March) Ramadan begins at sunset (1 March) 	Ramadan (LOS)

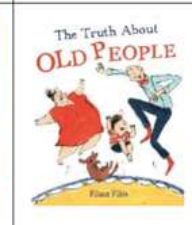
WEEK		NATIONAL AWARENESS DAYS, RELIGIOUS FESTIVALS AND EVENTS THIS WEEK	PROPOSED ASSEMBLY TOPIC(S)
8	3 to 7 March	<ul style="list-style-type: none"> • World Book Day (6 March) • International Women's Day (8 March) 	<p>World Book Day (KS)</p> <p>International Women's Day (Head)</p>
9	10 to 14 March	<ul style="list-style-type: none"> • Holi (14 March) 	Holi (LOS)
10	17 to 21 March	<ul style="list-style-type: none"> • St Patrick's Day (17 March) • World Poetry Day (21 March) 	<p>St Patrick's House assembly (LOS)</p> <p>World Poetry Day (KSA)</p>
11	24 28 March	<ul style="list-style-type: none"> • Mother's Day (30 March) 	Mothers or Special person's breakfast (Pupils)

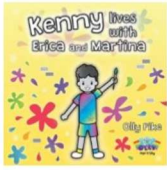
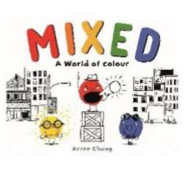
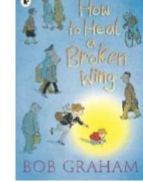
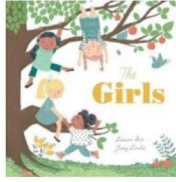


	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
Y1	Forming friendships and how kind or unkind behaviours impact other people.	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe.	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Growing from young to old and how we have changed since we were born.
Y2	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another within these.	The different people in our families, and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
Y3	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Different types of committed relationships and the basic characteristics of these.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.
Y4	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	How our bodies change as we enter puberty, including hygiene needs and menstruation.
Y5	Identity and peer pressure off- and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
Y6	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for selfcare and who cares for us as we grow older, including at secondary school.	Human reproduction, including different ways to start a family. *	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Ways to manage the increasing responsibilities and emotional effects of life changes.




Reception						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Hello Hello	You Choose	Mommy, Mama and Me	Blue Chameleon	Red Rockets and Rainbow Jelly	Ten Little Pirates
						
We Are Learning...	To say Hello	To say what I think	To celebrate my family	To make friends with someone who may be different	To understand that it's okay to like different things	To play with boys and girls
RHE/PSHE Themes	We are all different	Pupil Voice	All families are different	Race	Accepting difference	Gender Equality
British Values	Mutual Respect and acceptance (tolerance)	Democracy	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance) Individual Liberty	Mutual Respect
Links	https://www.youtube.com/watch?v=QuT5e1C_5NY	https://www.youtube.com/watch?v=tUca8bkXwji	https://www.youtube.com/watch?v=d16pJB5u4c	https://www.youtube.com/watch?v=lZ6S5KQIECU	https://www.youtube.com/watch?v=r3lqWRWAF0c	https://www.youtube.com/watch?v=Wt7ekO8k_PU
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

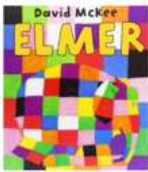
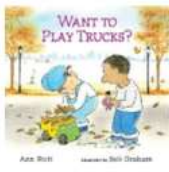




Year 4						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Along Came a Different	Dogs Don't Do Ballet	King and King	Aalfred and Aalbert	When Sadness Comes to Call	Julian is a Mermaid
						
We Are Learning...	To help someone accept difference	To choose when to be assertive	To understand why people choose to get married	To find common ground	To look after my mental health	To show acceptance
RHE/PSHE Themes	Accepting difference	Self-confidence	Relationships	Friendships	Mental Health	Community Identity Accepting others
British Values	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty (self-help)	Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=q_blsPzxWM	https://www.youtube.com/watch?v=mGDibmHo_bA	https://www.youtube.com/watch?v=D9LVEY2JVIO	https://www.youtube.com/watch?v=vo9BH1fbpo	https://www.youtube.com/watch?v=5tbaXha6rs	https://www.youtube.com/watch?v=62HGR e_QuhU
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding P8 Staying safe and keeping healthy					

Year 6						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	King of the Sky	Rose Blanche	Leaf	Introducing Teddy	The Island	A Day in the Life of Marlon Bundo
						
We Are Learning...	To consider responses to immigration	To justify my actions	To overcome fears about difference	To show acceptance	To challenge the causes of racism	To consider democracy
RHE/PSHE Themes	Empathy/Immigration	Religion, Race, Prejudice, Discrimination	Celebrating differences	Gender, Friendship	Race, Refugees, Prejudice, Tolerance, Bullying	Democracy, Marriage
British Values	Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Individual Liberty
Links	https://www.youtube.com/watch?v=Rva2369AUnl	https://www.youtube.com/watch?v=0xc8twATyk	https://www.youtube.com/watch?v=HFK8HocVaU	https://www.youtube.com/watch?v=IOkAs6wCZss	https://www.youtube.com/watch?v=lqT2KwxZNA	https://www.youtube.com/watch?v=jbT8Kpi1k7M
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 3						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	The Suitcase	We're All Wonders	The Truth About Old People	The Hueys in The New Jumper	Planet Omar: Accidental Trouble Magnet	Beegu
						
We Are Learning...	To help those in need	To Understand What a Bystander is	To recognise a stereotype	To recognise and help an outsider	To consider living in Britain today	To be welcoming
RHE/PSHE Themes	Respect/Kindness	Pupil Voice/doing the right thing	Age/Stereotypes	To be yourself/Self-esteem	Diversity and Prejudice	Bullying/Isolation
British Values	Mutual Respect and acceptance (tolerance)	Democracy Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=lmizwPXjcsQ	https://www.youtube.com/watch?v=b2zgIb31y0	https://www.youtube.com/watch?v=5wxxmK3UkMs	https://www.youtube.com/watch?v=H7vAbyWV0Ec	https://www.youtube.com/watch?v=GOT0COeYMr8	https://www.youtube.com/watch?v=OaX_zGZOOY8
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 5						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Kenny Lives with Erica and Martina	Mixed	How to Heal a Broken Wing	The Girls	The Only Way is Badger	And Tango Makes Three
						
We Are Learning...	To consider consequences	To consider responses to racist behaviour	To recognise when someone needs help	To explore friendship	To consider language and freedom of speech	To exchange dialogue and express an opinion
RHE/PSHE Themes	Accepting and celebrating difference	Race and Racism	Choosing to help	Friendship	Pupil Voice Freedom of speech	Prejudice, different ideas and co-existence
British Values	Individual Liberty Mutual Respect and acceptance (tolerance)	Rule of Law Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Rule of Law Democracy Mutual Respect and acceptance (tolerance)	Individual Liberty Democracy Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=QU6uFPbWGZw	https://www.youtube.com/watch?v=SlbGioTNs4M	https://www.youtube.com/watch?v=blukq16CJU	https://www.youtube.com/watch?v=ct1Odr1A6U&t=19s	https://www.youtube.com/watch?v=8YANw78y68E	https://www.youtube.com/watch?v=bGZHD4SkmQU
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 2						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Hair, It's a Family Affair!	The Great Big Book of Families	Amazing	All Are Welcome	How To Be a Lion	What the Jackdaw Saw
						
We Are Learning...	To be proud to be me	To understand what diversity is	To think about what makes a good friend	To know I belong	To have self confidence	To communicate in different ways
RHE/PSHE Themes	Race	The UK is diverse	Disability/celebrating difference	Inclusion/Identity	Identity	Disability
British Values	Individual Liberty, Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Individual Liberty, Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)
Links	https://www.youtube.com/watch?v=vR_Y-tZzkGM	https://www.youtube.com/watch?v=rMqjvma1vo	https://www.youtube.com/watch?v=ueAoTqkuIMQ	https://www.youtube.com/watch?v=FvbOAvWTYA	https://www.youtube.com/watch?v=mr8_bafjW_M	https://www.youtube.com/watch?v=nhhzx16Jlwg
Personal Development	P1 Self-understanding P2 Decision Making P4 Moral understanding & responsibility for own behaviour P5 Social development & collaboration P6 Contribution to others, the school and the community P7 Respecting diversity and cultural understanding					

Year 1						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Book Title	Elmer	Want to play trucks?	Going to the Volcano	Max the Champion	Everybody's Welcome	Error's Garden
						
We Are Learning...	To like the way I am	To find ways to play together	To join in	To understand that our bodies work in different ways	To make you feel welcome	To work together
RHE/PSHE Themes	Race	Gender Stereotypes	Diversity and Inclusion	Disability	Accepting difference	Diversity and Inclusion Working with others
British Values	Mutual Respect and acceptance (tolerance)	Individual Liberty, Mutual Respect and acceptance (tolerance), Democracy	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance)	Mutual Respect and acceptance (tolerance), Democracy
Links	https://www.youtube.com/watch?v=TUepS9yGANQ	https://www.pbslearningmedia.org/resource/l129-want-to-play-trucks-video/lets-learn/	https://www.youtube.com/watch?v=22mqBzljzo8	https://www.youtube.com/watch?v=22mqBzljzo8	https://www.youtube.com/watch?v=RJFC3dPXqyw	https://www.youtube.com/watch?v=8-L0mdrphGj
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