



**Stone Lodge School**

# **PHSE and RSE Policy**

<b>Date: Sept 2024</b>	1	<b>Policy: PSHE and RSHE POLICY</b>
<b>Next Review: Sept 2025</b>		<b>Kerry Williams</b>

## Rationale

Personal, social, health and economic education (PSHE) is a planned programme of learning opportunities and experiences that help pupils and young people grow and develop as individuals and as members of families and of social and economic communities.

PSHE also enables children and young people to reflect upon 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.

## PSHE and RSE in our school

We deliver the Jigsaw Programme of study. This has been designed as a whole-school approach, allowing consistency across all key stages. Lessons meet statutory RSE requirements, whilst placing an emphasis on mental health and resilience.



Our PSHE curriculum is delivered by our form tutors as this is one of the most trusted relationships that the majority of our pupils have. Where the larger group does not work for some of our pupils, 1-1 sessions are timetabled for identified pupils.

Jigsaw is organised on a half termly basis with 6 key areas in every year group:

Autumn Term 1: Being in my World

Autumn Term 2: Celebrating difference

Spring Term 1: Dreams and Goals

Spring Term 2: Healthy Me

Summer Term 1: Relationships

Summer Term 2: Changing Me

Each Puzzle has a Big Question, encouraging a philosophical approach as well as providing a focus to be reflected upon as the Puzzle progresses, another way to assess learning progress and become aware of how opinions may be changing with added learning.

All the statutory requirements for RSHE are met across the ages 11-16 programme, and Jigsaw PSHE is aligned with the NCFE (Northern Council for Further Education) RSHE Awards, allowing students to gain external accreditation for their work in this subject without creating extra planning for teachers.

### 6 lessons in each Puzzle

Each Puzzle has a Puzzle Map showing the overview of the 6 lessons with their Learning Intentions and 6 lessons (Pieces) comprising:

- a one-page lesson plan overview
- a slide show with teacher notes and student activities

### What does Jigsaw 11-16 cover?

Jigsaw's spiral curriculum covers:

- all the outcomes in the DfE statutory Relationships, Sex and Health Education guidance (England 2019)
- all the outcomes in the PSHE Association Programmes of Study (2020)

<b>Date: Sept 2024</b>	2	<b>Policy: PSHE and RSHE POLICY</b>
<b>Next Review: Sept 2025</b>		<b>Kerry Williams</b>

all set within an inclusive, comprehensive and holistic whole-school PSHE/HWB Programme across regions.

Mapping grids showing where and how these outcomes are built in are built into each Puzzle and available from the Community Area, including a snapshot summary of the content of each Puzzle.

Further to this, Jigsaw has a strong safeguarding thread running throughout and a clear focus on positive mental health and respect for self. The mindfulness practice is a key aspect of this.

Jigsaw does not skirt around the issues young people need to know about in order to keep themselves safe and make well-informed choices. Some issues could be considered sensitive, so teachers need to know their students as well as possible and be vigilant to signs of anyone needing pastoral support should any of the lessons be particularly pertinent or raw for anyone.

The Jigsaw Charter, a set of ground rules, is established at the beginning of the programme and reinforced at the beginning of every lesson to help create and maintain a safe learning environment.

Fundamentally, this is created by the nature of the relationship the teacher can build with the students. This can be challenging but is essential if students are to gain as much from the lessons as possible.

Every lesson focuses on 2 learning intentions: one that reflects PSHE knowledge and skills and the second intention covers social skills/emotional literacy focus.

Our PSHE curriculum at Stone Lodge shapes students to be confident and successful, increasing their capacity to learn and preparing them for the challenges of the modern world. Students are given opportunities to develop their emotional intelligence and life skills and the ability to address socio-cultural and socio-economic challenges as global citizens.

The Jigsaw programme has a strong focus on developing personal attributes in a structured, age-appropriate and developmental way. Mindfulness philosophy underpins the programme and mindfulness practice is built into every lesson, aiming to support self-regulation, self-awareness and stress management.

### **Personalised learning for PSHE**

There are times when staff feel that pupils need particular 1-1 PSHE on areas linked to safeguarding or highlighted gaps in understanding. Where this necessary, particular lessons and contents are talked through with SLT and delivered to the pupil in 1-1 sessions.

### **Equal Opportunities**

Stone Lodge Therapeutic School complies with the Equality Act 2010. We promote the needs and interest of all pupils irrespective of gender, culture, ability or aptitude. Teaching strategies will take into account the ability, age, readiness and cultural backgrounds of the pupils to ensure that all can access the full PSHE provision. We promote social learning and expect our pupils to show a high regard for the needs of others. PSHE is a good vehicle for addressing both multi-cultural and gender issues and ensuring equal opportunities for all.

### **Monitoring and evaluation**

Pupil engagement and understanding is recorded weekly by our tutors. This ensures that work that if pupils miss learning, this is identified and re-covered.

At the end of each unit, pupils are assessed against the outcomes on Earwig. Pupils are assessed as entering,

<b>Date: Sept 2024</b>	3	<b>Policy: PSHE and RSHE POLICY</b>
<b>Next Review: Sept 2025</b>		<b>Kerry Williams</b>

developing and secure against the assessment outcomes.

### **Confidentiality**

Due to the nature of the topics covered in the PSHE programme, all teachers are made aware of the school's guidelines on confidentiality and disclosure. The boundaries around confidentiality are made explicit to learners. Through all key stages, we use summative and formative assessment. Through all lessons, we use many teaching strategies that are appropriate for each pupil.

<b>Date: Sept 2024</b>	4	<b>Policy: PSHE and RSHE POLICY</b>
<b>Next Review: Sept 2025</b>		<b>Kerry Williams</b>