

## **Personal, Social, Health and Economic Education (PSHEE) Policy**

### **What is PSHEE at Southbank International School?**

- PSHEE focuses on the personal, social, health and economic education of the individual student in a holistic way. It permeates daily life in the school community, both in lessons and in extracurricular activities. The PSHEE programme reinforces our School values.
- The PSHEE policy addresses the students, staff, parents and local authority and focuses particularly on students from Grades 6-12 at both Southbank Westminster campuses.

### **What are the aims of PSHEE at Southbank International School?**

- To develop inquisitive, principled and open-minded individuals who feel valued for who they are, aware of who they are and of their place and role in the world. This is embedded in IB Learner Profile that Southbank students are familiar with.
- To foster care and empathy within the School community and beyond.
- To provide all students in Grades 6-12 with appropriate knowledge as a key to understanding.
- To enable students to make significant decisions about their lives
- To give students an insight into other people's values, beliefs, rights and their responsibilities and respects the differences between people.
- To learn how to lead healthy, secure and fulfilling lives.
- To enable students to form good relationships.
- To foster care and empathy within the school community and beyond.

### **Teaching of the PSHEE programme at Southbank**

- The aims of our PSHEE programme reflect those published by the DfE. It is reviewed yearly to ensure topics are relevant, coherent and current. The discussion-based curriculum is flexible so that it can incorporate current events.
- Units such as sexual health, mental health, and conflict resolution are taught at all grade levels through age appropriate topics and vocabulary. The content covers social and moral responsibility, online safety, community service, drugs, alcohol and tobacco, emotional health, nutrition and health, sex and relationships, health and safety, personal finance and economic education, career choices, study skills, transitions political literacy.
- As per social services guidelines and recommendations, specific trauma training should be woven in the programme rather than explicitly taught.
- It is important as staff and advisors to be flexible in teaching Southbank's PSHEE curriculum. The Schemes of work will forever be changing due to different demands and needs of our students.
- The lessons available in each grade area are there to help structure a lesson based on the theme in the Scheme of work.
- There are a variety of learning styles. PSHEE is taught through the advisory and pastoral system and at assemblies and whole year gatherings once per week.
- Guest speakers are carefully chosen to talk on specific topics (ie drug awareness). Prepared lessons and individual advisory lessons allow students to reflect on their learning and are encouraged to think about their school, local community and wider world and make decisions about their lives in a stimulating, safe and supportive learning environment.

- Students are encouraged to give the time and space to each other in order to hear responses and reply accordingly.
- Lessons and all units are evaluated by staff and students.

### Assessment of the PSHEE Programme

The PSHEE Curriculum must meet student needs and improve their learning. There are no formal exams set in the subject which forms one fortieth of total curriculum time. But questioning, short tests and quizzes are set regularly to check learning and stimulate discussion.

### The CLIMB Programme for the Middle School students (Grades 6-10) stands for:

- C Compassion**  
Learn kindness, empathy and resilience.
- L Leadership**  
Empowering one-self and setting good examples.
- I Inspiration**  
Demonstrate positivity, creativity and self-expression.
- M Mindfulness**  
Being aware of the impact of ones feelings, attitude and choices.
- B Belonging**  
Creating a sense of belonging to one-self, the school and the community.  
The overall focus of the CLIMB programme is **well-being**; of the students and their impact and influence on themselves, others, the school and the community.

### How will the CLIMB (PSHEE) lessons be taught this academic year?

- Lessons that are planned are an example lesson that teachers can use, adapt or changed based upon their teaching style and the learning style of their students.
- Lessons are age appropriate and are progressive as they go through the Grades.
- Lessons link to the school community and our international culture and school values.
- Lessons are flexible and based on teachers knowledge of specific topics and guest speakers. The use of sharing good practice and lessons is encouraged.

### How will transition be covered in the academic year linked with PSHEE?

**For all Grades:** Transition will be covered in transition month, week beginning Monday 6 June.

**For Grade 6:** Transition will be covered in advisory time during the week beginning Wednesday 31 August and Monday 12 September after Discovery week.

### School Mission Statement:

Southbank is committed to academic rigour, a liberal ethos, and the values of the International Baccalaureate. Among its many values as an international school with a broad curriculum, a global outlook and a strong emphasis on inquiry is support for individual needs and the development of individual strengths, so that everyone can fulfil their potential in a safe, caring and supportive environment. Southbank International School, Westminster treats every individual with fairness and respect, celebrates diversity and welcomes those new to the community. It encourages dialogue, and listens to and considers others' points of view.

### **Subjects taught within the PSHEE Framework for all at Southbank Westminster**

**Alternative Lifestyles** Students learn to be tolerant of the way that someone is living their life which is not in the usually perceived way. The Equality Act 2010 ensures that students including lesbian, gay, bisexual and transgender (LGBT) are not discriminated against.

**Anti-Bullying** Bullying and harassment including unfair treatment of any student is not tolerated in any form at Southbank International School. Students are made aware that it is unlawful under the Equality Act of 2010 to engage in any behaviour verbal, non-verbal, physical or online which has the purpose or effect of damaging a person's dignity or humiliating them.

**Anti-Radicalisation** Students are informed about the process of radicalisation which involves a group adopting extreme political, social or religious ideals which totally undermine the status quo and current ideas about expressions of freedom of choice.

**Bereavement and Loss** Students thoughtfully explore a person's feeling of grief and loss at the death of a family member and examine their reactions to this situation.

**Child Protection and Exploitation** All children have the right to protection from above regardless of gender, ethnicity, sexuality or beliefs. PSHEE gives students knowledge about how they are protected.

**Citizenship** Students are made aware of the rights, duties of members of society and how the rights and responsibilities should be acknowledged. Out of this approach emerges an understanding of what British values are.

**Cyber and Online Safety** Being aware of internet, online or cyber safety and being able to feel safe, examine security risks to private information and property and self-protection from crime and fraud.

**Drug Education** Students become aware of the place of drugs (illegal and pharmaceutical) in society and the damage and change of behaviour these medicines, chemical substances, alcohol and nicotine cause and the patterns of addiction. This unit is important in terms of the decision making processes of young people.

**Eating Disorders** Diet and nutrition for a healthy lifestyle is taught within the PSHEE framework. The students are made aware of how psychological disorders that create disturbed or abnormal eating habits.

**Economic and Financial Management** Students learn about the world of work and to engage and understand financial management in their daily life, planning their career choices and learning about budgeting.

**Emotional Health and Development** Students are encouraged to handle the challenges of life, while building strong relationships while staying healthy, being confident, self-aware and resilient.

**Female Genital Mutilation** Students are taught about FGM which is the practice (traditional in some cultures) of partially or totally removing the genitalia of young women and girls for non-medical reasons. It is illegal in many countries.

**Safeguarding** This means empowering students to construct their own informed opinion and to know where and when to get help from within and outside the school. This is reflected in the government guidelines.

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**Sex and Relationship Education (SRE)** Sex and relationship education are given due prominence in the PSHEE programme and encourage the students to seek a state of physical, social and wellbeing in relation to sexual health. Also promoted is a respectful attitude to sexuality, sexual relationships free of discrimination and violence.

**Tolerance of belief systems** Students learn to be tolerant of all belief systems and are taught to understand the notion of fundamental British values (see Citizenship).

### Links and Relation to other policies

- Academic Honesty Policy
- Acceptable Use Policy
- Anti-bullying Policy
- Anti-racism Policy
- Communicable Diseases and Infections Policy
- Curriculum Policy
- Equal Opportunities Policy
- First Aid Westminster Policy
- Illegal Drugs Policy
- Preventing Radicalisation and Extremism Policy
- PSPE Hampstead/Kensington Policy
- Safeguarding Policy
- Smoking Policy
- Social Media Policy
- Sun Safety Policy
- Supervision Policy
- Teaching and Learning Policy

### Key documents

- DfE Keeping children safe in education September 2016
- HM Government What to do if you're worried a child is being abused March 2015
- IBO Learner Profile
- Southbank International School Mission Statement

### Whole School policy

Is organised by an Deputy Principal for Grades 6-10 and the Deputy Principal for Grades 11-12 and report to the two Safeguarding Leads, Deputy Principals and the SLT.

Special units such as SRE (Sex and relationship education) are formally announced to parents. PSHEE has been given statutory importance at national level from February 2015. Coordinators meet regularly to plan, implement and evaluate the PSHEE programme to make sure that the purpose of each lesson is clear and meaningful and the content relevant. The programme offers confidentiality to each student for any contribution they make during a lesson. The policy is published on the school website and VLE (firefly).

### Using London as a classroom

Field trips provide an indirect conduit to finding out about the community and beyond through experiential learning opportunities. Discovery Week at the Westminster campuses takes

place every year for every student in Grades 6-11 and reinforces the emphasis on experiential learning, personal, physical and social development.