

LYNDHURST SCHOOL

P.S.H.E. and Citizenship Policy

P.S.H.E. and Citizenship help pupils learn to:

- stay as healthy as possible;
- keep themselves and others safe;
- have worthwhile and fulfilling relationships;
- respect the differences between people;
- develop independence and responsibility;
- play an active role as members of a democratic society;
- make the most of their own and others' abilities.

SEX EDUCATION

It is a policy of the School that elements of human development and reproduction, as specified in the National Curriculum for Science at Key Stage 2, shall be taught by the Science Teacher. (See separate policy).

NATIONAL CURRICULUM:

This policy is based on the initial guidance on P.S.H.E. and Citizenship published by the QCA in April 2000.

- At K.S.1, P.S.H.E. can be integrated into the curriculum, whilst at K.S.2, specific time-tabled lessons will be allocated.

STRATEGIES:

- Classes at Lyndhurst School are almost always mixed ability.
- P.S.H.E. is generally taught by the class teacher, although sometimes the time-table for years 4-6 results in staff other than the class teacher taking these lessons.
- Class lessons encourage discussion and reflection. There may also be a variety of written tasks undertaken, both individually, and/or in groups, as well as other ways of exploring issues raised, e.g. through drama.
- A weekly Form Period at KS2 will also provide an opportunity to discuss P.S.H.E. related topics.
- Policies promoting responsible and considerate behaviour (see Anti-bullying and Behaviour Policies) also contribute to the provision of P.S.H.E. at Lyndhurst.
- Some aspects of P.S.H.E., such as Keeping Healthy, Drugs and Sex Education are dealt with in the science curriculum.
- Topics suggested for P.S.H.E. are to be used as a basic framework. Issues may arise during the school year which staff may feel need to be addressed even if they are not specified in the policy. Staff should exercise their professional judgement in deciding what is appropriate for their year group.

- “Good citizen” behaviour is encouraged throughout the school, for example in older children helping younger ones at lunch times and everyone being responsible for keeping the school tidy.

Links with the Local Community

- Harvest Festival – The local vicar conducts a service of Thanksgiving in assembly and gifts from the children are displayed in the Hall before being distributed to needy elderly people in the local area.
- Corrina Lodge – children go to the care home for the Elderly in The Avenue approximately once a term to entertain the residents. Usually, the children involved are in the Choir, accompanied by others who may read poems/extracts etc. In recent years, residents have judged an Art Competition for the school and come to present prizes.
- Christmas Carol Service - held at St. Michael’s Church in Camberley.
- Carol Singing at “The Meadows” in Camberley.
- Ballet - Local children who are not pupils at Lyndhurst may come and attend Ballet classes held at the school, alongside Lyndhurst Pupils.
- Polling Station - the school agrees to act as a Polling Station for both local and National Elections.
- Local representations from charities e.g. Children’s Society or the emergency services visit the school on occasions to talk to children about their work. Reception make an annual visit to Camberley Fire Station.
- Pupils’ Parents visit school to talk about a variety of topics e.g. Divali, Chinese New Year and their occupations.
- Mobile Farm visits school - alternate years.
- Cycling Proficiency classes run by S.C.C. offered to Years 5 and 6 in summer Term.
- Christmas/Summer Fairs open to local people to attend.

Links with the Wider World

- Lyndhurst supports several national charities throughout the year, including The Poppy Appeal, National Lifeboat Week.
- Charity Appeals - several international charities have been supported in recent years which directly involve the children in fundraising activities. These include .

- Mufti days e.g. for Comic Relief
- Children in Need - various activities
- Blue Peter Bring and Buy Sales in January - pupils bring in their unwanted books/toys etc and these are sold to other pupils. Mrs. Thomas and Year 6 children organise this.
- Lyndhurst School has links with an orphanage in The Philippines. Mr. Cox (whose wife, Margaret Cox worked in the school as a Classroom Assistant) gives talks to the children about the work of the orphanage. The school sponsors a child at the orphanage and raises money mainly by giving children smartie tubes to fill with coins.

This policy was updated by the P.S.H.E. Co-ordinator in consultation with the teaching staff and Director of Studies in January 2009. It is due for review in Jan 2011.

**LYNDHURST SCHOOL
P.S.H.E. AND CITIZENSHIP
SCHEMES OF WORK**

NURSERY

Themes are based on the aims of the Stepping Stones:

AUTUMN TERM

Self Confidence – able to separate from parents with support and then confidently
Friendships – encourage formation of friendship and attachments
Independence – encourage independence and free choice
Sharing and turn taking
Attention Skills and listening to each other
Personal hygiene – washing hands
Manners – Please, Thank You, Excuse me, Please may I
Cultural Awareness – Harvest, Divali, Christmas

SPRING TERM

Independence – encourage further independence and independent thought and choice
- in dressing i.e. coats and plimsolls
Sharing and listening to one another
Self Confidence – encouraging self confidence and esteem
Friendships and forming attachments
Encourage curiosity and questioning
Increased levels of attention and prolonged concentration
Cultural awareness i.e. Chinese New Year, Easter and assembly themes

SUMMER TERM

Co-operation in group work
Care of resources, books and possessions
Increased self-confidence, ability to take an active part in discussions etc
Confidence and flexibility when faced with changes in routine etc
Preparation for entry into main school
Care and concern for self and others and the environment

METHODS

Role play
Circle time
Story time
Small group games
Group work
Board Games
Assemblies
Art activities
Outdoor play
Large class books
P.E.
Music and Movement
Sports Day
Christmas Play

RESOURCES

BOOKS

Emotional Development
After you
Come On Daisy
Dogger
Don't Do That
Don't Say That
Go Away
Hello
Guess How Much I Love You
I'm Sorry
It's Mine
It Won't Work
Laura's Star
Move Over
No Thank You
Owl Babies
Please
Thank You
The Rainbow Fish

EQUIPMENT

Book Corner
Home Corner Equipment
Medical Sets
Ty Figures (Multicultural)
Various Board Games

POSTERS

Emotions
Festivals
My Body
Safety

**LYNDHURST SCHOOL
P.S.H.E. AND CITIZENSHIP
SCHEMES OF WORK**

RECEPTION

Schemes of work are based on the aims of Stepping Stones and early learning goals.

AUTUMN TERM

- .daily routines – putting away snacks/folders etc
- .forming friendships/relationships with adults and peers
- .circle time – ‘getting to know you’ games
- .discussion of school rules/behaviour codes
- .managing own personal hygiene – e.g. washing hands/toilet
- .circle time games – emotions, feelings and friendships
- .children encouraged to participate in classroom activities/games and to show an interest and involvement in self chosen activities
- .initial separation from mum/dad at beginning of school day and feel safe and secure in new environment
- .children become aware of other cultures and beliefs e.g. Christmas ,Divali and Chinese New Year.

SPRING TERM

- .circle time games/activities – co-operation, truthfulness, politeness, consideration, kindness
- .friendly tree – written friendly thoughts about peers
- .friendship building games

SUMMER TERM

- .activities – develop thinking for oneself
- .children encouraged to select apparatus for tasks independently and tidy up before following activities
- .Circle time – turn taking in group/class activities
- .Cooking
- .Maintaining attention and continue to be interested and motivated to learn
- .begin to understand the needs, views, beliefs of others through assemblies, festivals and celebrations.

METHODS

Circle time
Story time
Role play
Assemblies
Reception Garden
Art work
Small group activities
Christmas Nativity
Sports Day

RESOURCES

BOOKS

Book corner
School Library
Class teacher's own books

EQUIPMENT

Home Corner equipment
Ty Figures (Multicultural)

**LYNDHURST SCHOOL
SCHEMES OF WORK
P.S.H.E. AND CITIZENSHIP**

YEAR 1

AUTUMN TERM

I am special
Feelings
Friends and Friendship
Taking turns
Firework Safety
Our class rules
Let's be fair
My Special people
Special Things
Personal hygiene
The school community
The local community

SPRING TERM

Selfishness
Promises
Bullying
Road Safety
Making Choices

SUMMER TERM

Personal qualities
Our families
Being responsible for yourself
Hands – caring, hurtful
Feeling good and feeling bad
Our Health
Water Safety
Safety in the Home
Saying No to strangers
Caring for our environment
Caring for animals
People in the local community

METHODS

Circle time
Class discussions
Small group discussions
Role Play
Stories
Assemblies - follow up activities
Art activities
Videos

RESOURCES

BOOKS

Bully
'Excuse Me' (politeness)
Feelings
Good and Bad
Jealous
I feel bullied
I'm Lonely
I'm Shy
I'm Special
It wasn't me
Learning about Senses
Moody
Why be Bossy?
Why Fight?
Why not Share?
Why Tease?
Why Lose your Temper?
Why be Unfriendly?
Big Book – The young Citizen
The Young Citizen Teacher's Guide
Big Book – Ourselves
Ourselves Teacher's Guide
Look after Yourself Activity Book
Look after Yourself Teacher's Notes
Look Out on the Road
Look Out for Strangers
Look Out by Water

Say What you Think Teacher's notes

VIDEOS

Say What you Think

POSTERS

Green Cross Code

**LYNDSHURST SCHOOL
SCHEMES OF WORK
P.S.H.E. AND CITIZENSHIP**

YEAR 2

AUTUMN TERM

1. People you know – friends
 - family
 - police, teachers etc

Who are they?

Why are they important?

2. Good things you do – kindness, sharing, honesty, helping, offering encouragement

SPRING TERM

1. How do you know you have made people you have made people feel – happy, sad, upset disappointed?
2. How you can help people who feel – sad, shy, worried, scared etc.
3. Trying not to do bad things – lies, stealing, being rough, making trouble, being mean, breaking things deliberately
4. Being fair – taking turns, sharing, playing games – at home and school.
5. Rules that keep you safe – tools, clearing up, walking to swimming, fire alarms, staying with mum, not talking to strangers.
6. Rules to remind you to think of others – being polite, listening, opening doors, waiting for adult, not interrupting.

SUMMER TERM

1. Rules to remind you to think of others – being polite, listening, opening doors, waiting for adult, not interrupting.
2. Your Community – school, class, town, jobs people do and their value in the community.
3. Being responsible – jobs like watering plants, looking after pets, helping in classroom, helping mum.

4. Saying no to bad suggestions - not breaking rules., being naughty, telling lies, spoiling other people's games.
5. Your environment – how it is spoilt – litter, vandalism, damage, untidiness, how can you help?

METHODS

Class discussions and follow up worksheets
Assemblies

RESOURCES

BOOKS

PSHE & Citizenship Book C Big Book
PSHE & Citizenship Book C Teacher's Notes

**LYNDHURST SCHOOL
P.S.H.E. AND CITIZENSHIP
YEAR 3**

AUTUMN TERM

Who am I?
I am special
Setting Targets – personal targets
The work people do – research a job
My friends
What is a friend?

SPRING TERM

Right and wrong – design a poster
Rules and responsibilities
Communities – map of local community
Our environment – pollution, influences

SUMMER TERM

Growing and changing
Persuasion – plan a play
Things that influence us
Other people's feelings – bullying

RESOURCES

PSHE and Citizenship Teachers Guide
PSHE and Citizenship Pupil Books (20) Book 1

**LYNDHURST SCHOOL
P.S.H.E. AND CITIZENSHIP
YEAR 4**

AUTUMN TERM

Feelings
Responsibilities
Doing the right thing
Making decisions
Consequences
Making difficult decisions

SPRING TERM

Growing and changing
A new baby
Marriage
Death
Leisure/work
Stress
Influences

SUMMER TERM

Changing friendships
Looking after friends
Secrets
Family disagreements
Stereotypes

RESOURCES

PSHE and Citizenship Teachers Guide
PHSE and Citizenship Pupil Books (20) Book 2

**LYNDHURST SCHOOL
P.S.H.E. AND CITIZENSHIP
YEAR 5**

AUTUMN TERM

Personal qualities
Resolutions
Learning from mistakes
Right or wrong
Clean choices
Harmful substances
Unsafe places
Playing safe

SPRING TERM

Feelings, emotions, actions
Responsibilities/family/school
Liking/loving
Prejudice
Offensive behaviour

SUMMER TERM

Services
Local democracy
Environmental issues
Weighing it up
Emergency
Respecting others' feelings
Peoples' lives

RESOURCES

PSHE and Citizenship Teachers Guide
PSHE and Citizenship Pupil Books (20) Book 3

**LYNDHURST SCHOOL
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YEAR 6**

AUTUMN TERM

Self esteem

A study of personal growth and awareness from birth to today

This includes:

1. A written autobiography
2. A timeline
3. A presentation to the class on a hobby
4. Work with a partner on 'positive qualities'
5. Work on self awareness – what is done and enjoyed during a week
6. The importance of telling the truth
7. Crime and punishment
 - a. A study of petty crime at school and home and what punishments are due
 - b. A study of crimes committed by adults and just punishment

SPRING TERM

Bullying and Friendship

1. Feelings – happiness, sadness, anger, anxiety, frustration, fear etc
2. The importance of friendship
3. The study of friends
4. Bullying
 - a. Reasons for
 - b. How to cope
 - c. How to stop the bully
 - d. People you trust

5. A course on First Aid – to cover minor injuries, burns etc Follows the St. John's Ambulance course and last for about 8 weeks.

SUMMER TERM

Continuation of First Aid course for about 4 weeks

1. Children's rights and responsibilities
2. Relationships with adults
3. What to expect with teenagers emotions
4. How to cope with conflict with parents
5. Write a play about conflicts
6. Safety – how to recognise danger

- a. from home (kitchen, garden, bathroom)
- b. from school (playground, classroom, hall, swimming pool, minibus etc)
- c. from other people i.e. adults
- d. Who to go to when in danger, Who can you trust
- e. What to do when you are out by yourself and are confronted by danger
- f. Risk assessment – practical course on the playground and in the school grounds

RESOURCES

BOOKS

Evans Education - P.S.H.E.
P.S.H.E. and Citizenship Teachers Guide
P.S.H.E. and Citizenship Pupil Book (20) Book 4