

# Personal, Social, Health Education

★ ★ ★ *in Gateshead Schools* ★ ★ ★

**Personal Social Health Education (PSHE) comprises all aspects of the schools' planned provision to promotes their children's personal and social development, including health and well being.**

The National Curriculum Handbook for teachers (NC 1999) sets out two broad aims for the school curriculum.

- to provide opportunities for all pupils to learn and achieve and
- To promote children's spiritual, moral, social and cultural development and prepare all pupils for the opportunities, responsibilities and experiences of life.

These interdependent aims for the school curriculum cannot be fully achieved without the provision of PSHE and Citizenship. The non-statutory guidelines for the framework for PSHE and Citizenship of key stage 1-4 has four components.

The **knowledge, skills and understanding** to be taught in four inter-related sections.

1. Developing confidence and responsibility and making the most of their abilities.
2. Preparing to play an active role as citizens.
3. Developing a healthy, safer lifestyle.



4. Developing good relationships and respecting children and young people need the self-awareness, positive self-esteem and confidence 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 ability.

A **whole-school approach** is recommended as pupils personal social development is influenced by many aspects of school life. The framework for PSHE and citizens plays a central part in the cycle of whole-school curriculum planning and development.

The ten key elements for a whole-school approach include:-

- leadership, management and managing change;
- policy development;
- curriculum planning and resourcing;
- teaching and learning
- school culture and environment;
- giving pupils a voice;
- provision of pupils' support services;
- staff professional development, health and welfare;
- partnership with parents/carers and local communities;
- assessing, recording and reporting pupils' achievements.

**Schools** to successfully implement the framework require four steps:-

- developing and implementing a management process for PSHE and citizenship;
- identify a governor to take responsibility for PSHE and Citizenship;
- allocating responsibility for teaching PSHE and Citizenship and identifying co-ordinating staff;
- developing a clear PSHE and Citizenship policy that links with other policies aimed at promoting pupils' spiritual, moral, social and cultural development (SMSC) .



## Every Child Matters (ECM)

The Schools Personal Social Health Education and Citizenship (PSHE & C) programme will contribute and help to deliver the Every Child Matters (ECM) 5 outcomes.

### Being Healthy

- Physically healthy.
- Mentally and emotionally healthy.
- Sexually healthy.
- Choose not to take illegal drugs.
- Parents, carers and families promote healthy choices.

### Staying Safe

- Safe from maltreatment, neglect, violence and sexual exploitation.
- Safe from accidental injury and death.
- Safe from bullying and discrimination.
- Safe from crime and anti-social behaviour in and out of school.
- Parents, carers and families provide safe homes and stability.

### Enjoying and Achieving

- Ready for school.
- Attends and enjoys school.
- Achieve stretching national educational standards at primary school.
- Achieve personal and social development and enjoy recreation.
- Achieve stretching national targets at secondary school.
- Parents, carers and families support learning.

### Making a positive contribution

- Engage in decision making and support the community and environment.
- Engage in law abiding and positive behaviour in and out of school.
- Develop positive relationships and choose not to bully and discriminate;
- Develop self-confidence and successfully deal with significant life changes and challenges;
- Parents/carers and families promote positive behaviour.

### Achieve economic well-being

- Engage in further education employment or training on leaving school.
- Ready for employment.

For further information about ECM visit the websites:

- [www.everychildmatters.gov.uk](http://www.everychildmatters.gov.uk)
- [www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)
- [www.wiredforhealth.gov.uk/casestudies](http://www.wiredforhealth.gov.uk/casestudies)
- [www.wiredforhealth.gov.uk/evidenceofimpact](http://www.wiredforhealth.gov.uk/evidenceofimpact)
- [www.wiredforhealth.gov.uk/standupforus](http://www.wiredforhealth.gov.uk/standupforus)
- [www.wiredforhealth.gov.uk/publications](http://www.wiredforhealth.gov.uk/publications)

## PSHE - Local/Regional National Initiatives

Further evidence of case studies - sharing good practice is to be found in the -

[wiredforhealth.gov.uk/casestudies](http://wiredforhealth.gov.uk/casestudies) covering:

- Personal Social Health Education
- Citizenship - School Council
- Sex and Relationship
- Drugs Education
- Healthy Eating
- Physical Activity
- Emotional Health and Well-Being including Bullying

Examples of PSHE - projects - local initiatives can also be found on the Gateshead Healthy School Award - [www.gatesheadgrid.org/healthyschools](http://www.gatesheadgrid.org/healthyschools). For example:

- PSHE - Healthy School Roadshow
- PSHE - Health Stars
- Buddy System
- Midday Supervisors
- School Council
- 5-A-Day Healthy Eating
- Gateshead Healthy (Eating Award)
- Tastebud - Gateshead School Meals Service
- Breakfast Clubs
- Water in Schools
- SRE - SHARE
- Drugs - SMART
- Standard & Gold Smoke Free School Award
- SRE/Drugs Education - DfES PSHE - Certification course.
- ECO School Award - Environmental Challenge
- WHOOPS Child Safety Projects
- School Travel Plan - Physical Activity project

## Resources

- PSHE/C - Key Stage 1-2/3-4 Guidance QCA, QCA Publications, PO Box 99, Sudbury, Suffolk, CO10 6SN Tel 01787 884444 Ref QCA/OO/579.
- SEB/SEAL (Primary/Secondary Resource).

## Local Contacts

Learning and Children - Raising Achievement  
Healthy and Active Schools Team.

- Health Education Adviser.
- Healthy School Consultants.
- School Drugs Adviser.
- Sex and Relationship Education - Health Development Officer.

**All based at Dryden PDC, Evistones Road,  
Gateshead, Tel 0191 4338500.**

- Gateshead Primary Care Trust - Health Promotion Team. Tel 0191 4789061
- School Health Advisors - Tel 0191 4035253 /0191 4436929.
- Gateshead Healthy School Forum members Multi-health partnership. Contact GHSA Core Team - 0191 4338500, 0191 4789061.

## Websites

- [www.gatesheadhealthyschools.org](http://www.gatesheadhealthyschools.org)
- [www.healthpromotion.demon.co.uk](http://www.healthpromotion.demon.co.uk)
- [www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)
- [www.welltown.gov.uk](http://www.welltown.gov.uk)  
for key stage 1 (5 - 7 year olds)
- [www.galaxy-h.gov.uk](http://www.galaxy-h.gov.uk)  
for key stage 2 (7 - 11 year olds)
- [www.lifebytes.gov.uk](http://www.lifebytes.gov.uk)  
for key stage 3 (11 - 14 year olds)
- [www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)  
for key stage 4 (14 - 16 year olds)
- [www.teachernet.gov.uk/healthyliving](http://www.teachernet.gov.uk/healthyliving)
- [www.ofsted.gov.uk](http://www.ofsted.gov.uk)
- [www.teachernet.gov.uk/pshe](http://www.teachernet.gov.uk/pshe)
- [www.qca.org.uk/pshe](http://www.qca.org.uk/pshe)
- [www.foodinschools.org.uk](http://www.foodinschools.org.uk)
- [www.5aday.nhs.uk](http://www.5aday.nhs.uk)
- [www.teachernet.gov.uk/pea](http://www.teachernet.gov.uk/pea)
- [www.gatesheadgrid.org/peas](http://www.gatesheadgrid.org/peas)
- [www.sportengland.org](http://www.sportengland.org)
- [www.youngminds.org.uk/publications](http://www.youngminds.org.uk/publications)
- [www.teachernet.gov.uk/wholeschool/healthyliving/behaviours/mentalhealth](http://www.teachernet.gov.uk/wholeschool/healthyliving/behaviours/mentalhealth)
- [www.everychildmatters.gov.uk](http://www.everychildmatters.gov.uk)

Please refer to other  
themes for further websites.

