

WARMLEY PARK STRATEGY FOR PERSONAL, SOCIAL, HEALTH AND EMOTIONAL DEVELOPMENT, CITIZENSHIP, AND SEX AND RELATIONSHIPS EDUCATION

Aims:

- To develop an understanding of how to keep safe.
- To develop an understanding of how to keep healthy.
- To learn about how to make a contribution to the community.
- To learn skills and develop confidence in making decisions and understanding rights.
- To develop an understanding of how to make positive choices.
- To ensure that the views of all pupils are considered when decisions are made.
- To be involved in democratic decision making processes.
- To develop an understanding of themselves as a person now and what their future will involve.
- To ensure all pupils have access to the resources and support they require in order to meet their individual needs.
- To develop resilience through learning strategies such as how to manage their own sensory needs.
- To be aware of the needs of others and to demonstrate respect for others.

Personal, Social, Health and Emotional Development

Whilst some aspects can be taught discretely, most areas of Personal, Social, Health and Emotional Development will interlink with other curriculum areas and arise in line with individual needs, particularly for independence and personal care needs.

Personal Care - across the Primary and Secondary departments pupils are taught to develop their personal care requirements relative to their needs. This includes being aware of personal presentation. Pupils will be at different stages with independence in personal care and programmes are individual to their needs. This includes working towards independence with toileting and intimate care where the pupil may be cooperating with being changed, following a toilet training programme. Personal care also involves dressing and personal hygiene. This will be areas such as use of personal care products, using fastenings, dressing independently, and wearing appropriate clothes for different settings. This will be in collaboration with Occupational Therapy. Eating and drinking are identified, where relevant, as areas for development with pupils working on chewing, swallowing, and progressing with their independence by co-operating with the

adult where appropriate. For many pupils this is a highly significant aspect of their development.

Self Confidence, Self Awareness, and Emotional Development - this is important in supporting with pupils to developing strategies for managing feelings and behaviour. It includes emotional literacy where pupils learn to label their own emotions and develop mindfulness along with strategies to express their feelings in a socially acceptable manner. Pupils learn to understand how their behaviour can impact on others and how to keep themselves safe from situations such as bullying. In a community of emerging technologies the importance of e-safety is promoted.

Relationships - this includes the importance of our relationships within the Warmley Park community, as well as the greater community. It addresses the roles and responsibilities within relationships and the issues which can lead to tension such as personal space and appropriate communication. It also includes socially appropriate skills and behaviours such as turn taking, listening and responding, sharing, and respecting others. Relationships promote diversity awareness and recognise that we are all different and that each person has their own identity.

Healthy lifestyles - this aims to develop choices which prepare pupils for wellbeing and active lifestyles. It includes healthy eating, diet and exercise, and proactive health care. Examples include trying a wide variety of food, exercise challenges, understanding the importance of exercise and the range of activities which can be tried. Pupils will learn about the risks associated with smoking, alcohol, and drugs.

Citizenship

Whilst some aspects can be taught discretely, many areas of Citizenship will interlink with other curriculum areas and arise in line with individual needs, and current issues on a national and global level.

Rights and Responsibilities - in line our inclusive approach pupils are taught about how to interact with each other whilst demonstrating respect and tolerance. Core to this is the concept of democracy, ensuring that pupils, regardless of their communication needs are included and listened to. Examples of this are class jobs where there are fair systems for allocating responsibilities, and assemblies which are themed to consider current issues.

Current Affairs - this is responsive to events which happen on a local, national, and global level. It develops awareness of values, cultures, natural and human directed events such as wild fires, refugees, or sporting achievements. The aim is for pupils to consider how their lives relate to others, and to be aware of issues which impact on others. This knowledge will be delivered through various forms of media and will encourage enquiry about the world they live in.

Relationships - key to the development of social interactions are fundamental social behaviours which underpin our relationships with each other. This celebrates achievements, promotes respect and inclusion, and recognises that we are all different.

Sex and Relationships Education

This is taught from year 7 onwards. Examples of themes covered include our changing body, keeping safe in public and private, naming body parts, and acceptable behaviour in the community. Parents have the right to withdraw their child from SRE. Permission is sought from parents before pupils are taught and the content of the teaching is shared.