



Wellbeing (PSHE) POLICY

Revised by Shweta Randeri 2017

1. The Aims of Wellbeing and Citizenship

Hendon Prep attaches great importance to Personal, Social and Health Education and Citizenship (Wellbeing) and its place in the school Curriculum.

It is the aim of the school that all pupils, regardless of race, gender, religion or ability should have the opportunity to develop their personal and social education.

Aims and objectives

1. To prepare the pupils for life after Hendon Prep in their senior schools in a time of accelerating social and moral change.
2. To help pupils develop a greater sense of understanding and responsibility towards themselves, others and the school.
3. To encourage pupils to examine and evaluate their attitude towards important social issues.
4. To foster a greater sense of security, co-operation and achievement at school.
5. To increase awareness of issues on the world-wide stage and promote a caring and sympathetic approach to the plight of others less fortunate than members of the school.

We set a standard and a set of values that we believe will help to produce good citizens who will be able to take their place in society and play their part.

The ethos of the school promotes general decency, consideration for and understanding of others.

Form Teachers will be responsible for the imparting of these values during Form-time and in addition the pupils all attend assemblies that are geared to addressing these areas.

Wellbeing follows closely the recommendations in the new National Curriculum for Key Stage 3. For all other year groups, a curriculum has been developed based on current thought and practices on teaching PSHE and Citizenship, using materials provided by the JIGSAW programme

Children 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 a member of a democratic society
- Be aware of their place in the world
- Make the most of their own and others' abilities.

Wellbeing is linked closely to other cross-curricular policies, which can be consulted for more information, including:

- Dealing with Bullying
- School Behaviour Policy
- Child Protection
- Sex Education
- Health and Safety
- Equality
- Care of Pupils
- Policy for Collective Worship

2. The aims of Citizenship

Citizenship comprises three interrelated strands.

1. Social and moral responsibility - pupils learn self-confidence, and social and moral responsible behaviour towards authority and each other.
2. Community involvement - pupils learning to become involved in the life and concerns of their neighbourhood and their wider communities.
3. Political literacy - pupils learn about the issues, problems and practices of our democracy and how citizens can make themselves effective in public life.

Through a variety of learning experiences Hendon Prep helps each child:

1. Know him/herself better and think well of, and respect, him/herself and others
2. Develop confidence and independence
3. Acquire personal qualities, values and social skills
4. Take his/her place in a wide range of roles in preparation for adult life, to deal with risk and meet the challenges of life and to play an active role as a member of society
5. Value and respect their own and others' belongings, living things and the environment
6. Be able to share and work co-operatively with everyone
7. Value their achievements
8. Identify moral values and strive to live up to them.

3. Curriculum and School Organisation

Throughout the school the teaching of Wellbeing will be addressed as Wellbeing. Wellbeing and Citizenship are developed in the following ways:

Formal lessons once a week for each Year Group from Year 1 to Year 8. Lessons up to Year 6 are based on the JIGSAW programme. Lessons at KS3 are based on a combination of Hodder's PSHE Education for KS3 and Citizenship Education for KS3 (for Years 7-8) and by developing the strands in the Year 6 JIGSAW curriculum.

1. Weekly wellbeing lessons with the class teacher or class tutor once fortnightly
2. The School Council
3. Prefects
4. The House Point System

Wellbeing is encompassed within the teaching of all subjects within school.

4. Jigsaw scheme of work

Hendon Prep has chosen to base their discreet scheme of work for WELLBEING on Jigsaw PSHE (for Reception to Year 6) These schemes are used as a basis for the curriculum, however, deviations away from this are encouraged in order to address the specific needs of the pupils and world events. The PSHE course is administered through a designated Wellbeing lesson taught by the form tutors. Wellbeing 'topics' are also informally explored through form time with form tutors and pupils. Whole school assemblies are used to explore issues pertaining to the wellbeing of all children.

Wellbeing topics are woven into the way of life at Hendon and evident in all subjects. The Wellbeing programme for all pupils will be delivered through timetabled lessons and cross-curricular links.

The Six Puzzles are:

- Being Me in My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

5. British Values agenda

The Jigsaw scheme of work also promotes the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. The 5 strands of the British Values agenda are mapped across every Puzzle.