



PSHE Policy

Our PSHE (Personal, Social, Health and Economic Education) and RSE (Relationships and Sex Education) curriculum underpins the pastoral structure of all phases of Runnymede College, with pupils in all year groups discovering, considering and discussing a range of topics appropriate to their age.

PSHE Education aims:

- to help our pupils acquire the knowledge, understanding and skills they need to look after themselves and live healthy, safe, productive, responsible and balanced lives.
- to help our pupils develop key skills and attributes such as self-management, empathy, critical thinking, communication, resilience, teamwork and negotiation amongst others.
- to support pupils in assuming their position in society as happy, creative, moral citizens who respect their communal responsibilities and value their democratic rights.
- to promote our school's values of integrity, tolerance, respect, compassion, curiosity, humility and ambition.

Content:

- PSHE activities offer pupils the opportunity to reflect on, discuss and debate a number of topical, relevant and sometimes complex themes that directly affect their lives.
- As a British School Overseas, Runnymede College follows the UK government guidance for [PSHE](#).
- PSHE sessions covered at Runnymede College cover a wide range of topics including physical and mental health, puberty, personal safety, relationships, bullying and discrimination, media and digital literacy, money and careers, community and responsibility.
- The learning provided in topics aims to support the safeguarding of pupils.

Delivery:

- PSHE lessons are taught by Class Teachers and Form Tutors in timetabled lessons on a weekly basis.
- In addition to this cohorts are given addresses about specific topics in assemblies delivered by internal and external staff.

- Ground rules are essential to ensure there is a safe, respectful and caring classroom atmosphere for the delivery of the PSHE sessions.

Resources:

- All resources are prepared or sourced by the PSHE coordinators of the Pre-Prep, Prep and Senior phases.

- Those delivering the sessions are asked to look at the information in advance to ensure they are fully prepared for the sessions.

- Teachers are expected to modify or adapt the resources, when necessary, to meet the needs of their pupils.

- Feedback is requested to see whether there are opportunities for change or improvements that can be made to the resources.

- Key resource providers include The PSHE Association, The Young Gamers & Gamblers Education Trust, the Anti-Bullying Alliance, Children's Mental Health Week, Empathy Week, and The Day.

This policy should be read in conjunction with the following policies:

- Alcohol, Smoking & Drugs Policy

- Preventing Bullying Policy

- Promoting Positive Behaviour Policy

- Safeguarding & Child Protection Policy

Reviewed: August 2024

Next review: August 2025