



HABITAT SCHOOL
AL TALLAH, AJMAN, UAE

**PERSONAL, SOCIAL
AND HEALTH
EDUCATION (PSHE)
POLICY (2025-26)**

SCHEDULE FOR DEVELOPMENT / MONITORING / REVIEW

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| Personal, Social and Health Education (PSHE) Policy was approved by the Governing body of the school on | 01/05/2020 |
| The Implementation of this policy will be monitored by the | Wellbeing Committee Members |
| Monitoring will take place at regular intervals | Annually |
| Review of the policy | Annually |
| Last Review Date | 10/11/2025 |
| Next anticipated Review date | April 2026 |

Introduction

Personal, Social, Health and Economic (PSHE) Education is an important and necessary part of education. It enables children to become healthy, secure, independent and responsible members of the society. All schools should teach on good practices, and this expectation is outlined in the introduction to the curriculum.

PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high quality education, we consider it unnecessary to provide new standardized frameworks or programs of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.

Intent

At Habitat School, Personal, Social, Health and Economic Education (PSHE) enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and caters many of the environmental, moral, social and cultural opportunities that are part of development. We provide our students with opportunities for them to learn about the rights and responsibilities, and appreciate what it means to be a member of a diverse society. Our students are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. In doing so, this helps to develop their sense of self-worth, enabling children to value their own achievements.

SCOPE OF THE POLICY

The policy applies to all student, and staff members of the Habitat School, Ajman.

PSHE Overview

At Habitat School we use PSHE resources to support our PSHE curriculum. PSHE develops fully-rounded children who are healthy, sociable and emotionally literate. It covers the key concepts and skills to help teachers to fulfill their statutory responsibility to support pupils' SMSC (moral, social and cultural) education, focusing on Health and Well-being, Relationships and Living in the Wider World.

PSHE prepares children for life in the modern world today. It also helps pupils develop and apply skills and attitudes to allow them to become full and active citizens in our wider global community.

Purpose of Study

Personal, Social, Health and Economic Education underpin the philosophy and practice. We promote pupils' personal social and emotional development, as well as their health and well-being. It helps to give children the knowledge and skills they need to lead confident, healthy and independent lives. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen and introduces them to some of the principles of insightful financial planning and understanding.

Whilst the school's PSHE program is planned and delivered throughout the curriculum, this policy assumes that it is supported and reinforced by the ethics of the school itself. It is a responsibility to be shared by governors, teachers, support staff and parents.

The school accepts the importance of remaining sensitive to a child's individual needs while recognizing the pupils' variety of backgrounds, experiences and stages of development. With this in mind, we have designed a personalized program of study to meet the needs of our pupils.

Aims and Objectives

Habitat School, in consultation with a variety of agencies has produced this program of study based on the needs of our pupils. Our program of study identifies the key concepts and skills that underpin PSHE education and help our school to fulfill our statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life.

At Habitat School we believe that the personal, social and health development of each child, in conjunction with their citizenship skills, has a significant role in their ability to learn. We value the importance of PSHE and Citizenship in preparing children for the opportunities, responsibilities and experiences of adult life. In addition, we believe that a child needs to learn about the many emotional aspects of life and how to manage their own emotions.

The overarching aim for PSHE education is to provide pupils with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary, challenge, their own and others' values, attitudes, beliefs, rights and responsibilities.
- awareness on safety issues
- the skills and strategies they need in order to live healthy, safe, confident, fulfilling, responsible, balanced lives and make informed choices regarding personal and social issues.
- strategies to develop and maintain good relationships with other members of the community.
- an understanding of how all actions have consequences and how they can make informed choices to help themselves, others and the environment

Teaching and Learning

Our program of study is based on three core themes within which there will be broad overlap and flexibility across all phases:

- Health and Well-being
- Relationships
- Living in the Wider World

Our children will spend time in learning through assemblies and lessons, developing their knowledge and understanding of each of the key attributes in the hope that the children develop not only as independent learners, but confident young people who are prepared for the next steps in their lives.

At Habitat School we have an active school council and expert teachers to aim to set aside time in class to discuss matters arising from school council meetings.

Teaching PSHE to children with special needs

We teach PSHE to all children, regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of children with learning difficulties. When teaching PSHE we take into account the targets set for the children in their Individual Educational Plans (IEPs), where

appropriate. The children identified as gifted and talented are challenged in all lessons of either direct or indirect PSHE teaching, as well as set the targets for Gifted and Talented children in their Advanced Learning Plans (ALPs) where appropriate. Able pupils will be encouraged to take responsibility, develop leadership skills, think creatively and use their talents for the good of the school and wider community.

CORE THEME: HEALTH AND WELLBEING

This area of PSHE teaches children:

- What is meant by a healthy lifestyle?
- How to maintain physical, mental and emotional health and wellbeing?
- How to manage risks to physical and emotional health and wellbeing?
- Ways of keeping physically and emotionally safe
- How to manage change, including puberty, transition and loss?
- How to make informed choices about health and wellbeing, and where to get help with this?
- How to respond in an emergency
- To identify different influences on health and wellbeing

Pupils will learn things like the importance of personal hygiene; healthy personality; the physical differences between boys and girls; road safety, cycle safety and online safety; people who help us; how to talk about their feelings; and the benefits of physical activity.

CORE THEME: RELATIONSHIPS

This theme includes:

How to develop and maintain a variety of relationships, within a range of social and cultural contexts

- How to recognize and manage emotions within relationships
- How to respond to risky or negative relationships, including bullying and abuse
- How to ask for help when indulged in a risky or negative relationships
- How to respect equality and diversity in relationships
- How to maintain healthy online relationships

Among other things, children will learn to recognize that their behaviour can affect other people; to listen to other people, work and play cooperatively; to identify special people in their lives (parents, siblings, friends) and how they should care for each other; what physical contact is acceptable; and what to do if they're being bullied.

CORE THEME: LIVING IN THE WIDER WORLD

Through this theme, children learn:

- About respect for themselves and others, and the importance of responsible actions and behaviour
- About rights and responsibilities as members of families, other groups and citizens
- About different groups and communities
- To respect equality and diversity, and how to be a productive member of a diverse community
- About the importance of respecting and protecting the environment
- About where money comes from, keeping it safe, and the importance of managing it effectively
- The part that money plays in people's lives
- A basic understanding of enterprise

Some of the things - students learn will include how to make and follow group, class and school rules; how to develop a positive demeanor; what protects and harms the environment; how to make choices about spending or saving money; ways in which we are all unique and the things we have in common; how to behave on the internet; about basic human rights; and to respect national, regional, religious and ethnic identities.

PSHE Across the Curriculum

In science, for instance, the National Curriculum states that pupils must be taught about how bodies change as people grow and age.

In geography, they might do a survey of their local area and count how many pieces of litter they find.

In ICT, they might discuss the risks that they may face online, and come up with rules for internet safety.

In PE, they'll learn different ways of keeping fit and active. They might reflect on how their bodies feel after physical activity, for example by taking their pulse or discussing how their breathing has changed.

PSHE is delivered implicitly as well as explicitly, through many areas of school life. Assemblies, circle time, buddy or mentoring schemes and campaigns like Anti Bullying Week, risky or negative relationships, risky or negative relationships shall teach children the principles of PSHE.

Other related policies:

All subject policies should indicate their contribution to PSHE in school. It interlinked with the Health and Safety Policy, ICT policy, Behaviour Management Policy, Cyber Safety and Security Policy and Anti-Bullying Policy, Child Protection Policy, Inclusion Policy, Counselling Policy and all other related policies of Habitat School.

Contact

If you have any queries or concerns regarding this policy then please contact counsellor@tallah.habitatschool.org, sened@tallah.habitatschool.org