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## **PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION**

### **Introduction and Objectives**

Tonbridge School aims to provide a caring and enlightened environment in which the talents of each individual flourish. We encourage boys to be creative, tolerant and to strive for academic, sporting and cultural excellence. Respect for tradition and openness to innovation are equally valued. A well-established house system at the heart of the school fosters a strong sense of belonging.

Tonbridge seeks to celebrate its distinctive mixture of boarders and day boys; this helps to create a unique broadening and deepening of opportunity. Ensuring an effective PSHE and citizenship programme is in place promotes wellbeing, a healthy, fulfilled and responsible lifestyle, and strengthens emotional intelligence.

We want boys to enjoy their time here, but also to be made aware of their social and moral responsibilities. Tonbridgians should enter into the adult world with the knowledge and self-belief to fulfil their own potential and, in many cases, to become leaders in their chosen field. Equally, we hope to foster a life-long empathy for the needs and views of others by encouraging the exploration of, and exposure to other belief systems, issues of prejudice and tolerance, and seeking opportunities to explore spiritual and moral issues across the curriculum. PSHE is one of a number of vehicles to deliver these aims.

As well as the PSHE programme, the school also recognises that the house system must be backed up by other supporting structures in the delivery of pastoral care. This will involve:

- Developing the student voice agenda on school as well as house issues
- Having robust child protection, anti-bullying and health and safety cultures
- Providing a caring and efficient medical service, primarily to boarders
- Promoting the role of the School Counsellor to the whole school community
- Developing the role of the Welfare Group in the sharing of information on those pupils deemed to be “at risk” and helping housemasters to write welfare plans for those with particular difficulties
- Responding appropriately, through SMT and Governor monitoring, to all external legislation and guidelines, including the National Minimum Boarding Standards, the Every Child Matters agenda, and Safer Recruitment procedures.

The school’s Pastoral Handbook details these issues in more depth including policies on Anti-Bullying and all other pastoral related issues.

### **PSHE and Citizenship defined**

In an increasingly competitive and stressful world subject to social tension and division, with a potentially unhealthy bias towards individualism and materialism, our mental, physical and spiritual health are being challenged. In response to this, we recognise the huge importance and need to educate and prepare our boys at a more personal level for these challenges.

Personal, Social, Health and Economic Education (PSHE) provides a vital foundation for Tonbridgians in preparing them for adult life. It is important in combating potential social exclusion and disaffection, and equips young people with the skills and attitudes needed to react positively to the pressures of modern life. We want our boys to lead confident, healthy and responsible lives as individuals and members of society.

PSHE is delivered over a broad range of activities and experiences at the school, and covers the following subjects:

Emotional Health and Wellbeing  
Nutrition and Physical Activity  
Personal Finance  
Safety  
Sex and Relationship Education  
Drugs and alcohol  
Economic well-being and financial capability

The knowledge, skills and understanding that the PSHE curriculum needs to deliver are:

Confidence and responsibility, and making the most of their abilities  
Developing a healthy, safer lifestyle  
Developing good relationships and respecting the differences between people

Citizenship education is about helping young people understand the rights and responsibilities they have as members of society and has these key concepts:

Democracy and justice  
Rights and responsibilities  
Identities and diversity

Citizenship gives pupils the knowledge, skills and understanding to play an effective role in society. It helps them to become informed, thoughtful and responsible citizens aware of duties and rights. It also promotes their spiritual, moral, social and cultural development, making them more self-confident, and encourages pupils to play a helpful part in the life of their school, community and world.

## **PSHE and Citizenship – our approach**

### **Boys**

At Tonbridge, we engage the philosophy of a whole school approach to PSHE and citizenship. With the exception of Year 10, there are no timetabled lessons, so we utilise a wide range of forums and situations to ensure PSHE and citizenship education is delivered at the right time in the right way to the right audience.

PSHE includes everything we do to promote pupils' good health and well-being, and as such, can be seen at work throughout the school;

- academic curriculums (erg. citizenship in history, working collaboratively in maths and art, and build their confidence in speaking and listening in unfamiliar situations and to audiences beyond the classroom in English, sport, fitness and family relationships, poverty and immigration in modern languages)
- Chapel services
- fostering good sportsmanship
- rigorous and close attention paid to pastoral care

- specific PSHE delivery
- practice of an effective anti bullying strategy
- experimental and forward thinking strategies like our emerging mindfulness programme
- seminar programmes
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### **Parents**

We have also put in place a series of pastoral evenings for the parents of our boys. The programme covers issues surrounding the safe use of computers and ICT in general, the parenting of teenagers with particular reference to parties, sex and relationships, drugs, alcohol, and the role of the School Counsellor.

**The PSHE handbook is available to all staff, boys and parents via the intranet and the portal and demonstrates how the policy operates in practice.**

**This policy should also be read in conjunction with the SMSC policy.**