



JEDDAH PREP AND GRAMMAR SCHOOL

Personal, Social and Health Education Policy

At Jeddah Prep and Grammar School Personal, Social and Health Education (PSHE) will enable pupils to feel positive about who they are and to enjoy healthy, safe, responsible and fulfilled lives. Through active learning opportunities pupils will learn to recognise and manage risk, take increasing responsibility for themselves, their choices and behaviours and make positive contributions to their families, schools and communities.

Pupils will learn to recognise, develop and communicate their qualities, skills and attitudes. They build knowledge, confidence and self-esteem and make the most of their abilities. Pupils will learn to identify and articulate feelings and emotions, learn to manage new or difficult situations positively and form and maintain effective relationships with a wide range of people. Through the delivery of PSHE, pupils will develop the schools' values of 'Resilience', 'Integrity' and 'Knowledge'. These values are integrated within our PSHE programme.

AIM OF THE POLICY

Our aim therefore for PSHE 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;
- The skills and strategies they need to live healthy, safe, fulfilling, responsible and balanced lives.

At JPGS we know that learning and undertaking activities in PSHE education contribute to achievement of the curriculum aims for all young people to become:

- successful learners who enjoy learning, make progress and achieve;
- confident individuals who can live safe, healthy and fulfilling lives;
- responsible citizens who make a positive contribution to society.

In PSHE at JPGS, we will:

- Create a comfortable classroom climate where pupils are confident and discuss their hopes, fears and sensitive issues.
- Develop a set of ground rules for the PSHE classroom.
- Model good practice in the way we talk to pupils.
- Provide enrichment opportunities that support and develop our pupils' emotional and physical wellbeing.
- Remain flexible with our Curriculum and respond to issues as and when they arise.

One weekly lesson is dedicated to PSHE. This lesson is delivered by the Class Teachers in the Prep School and the Form Tutor in the Grammar School.

PSHE CURRICULUM AT JPGS

PSHE Themes	What pupils will learn about?
Identity	Their personal qualities, attitudes, skills, attributes and achievements and what influences these
Personal Development	Personal Qualities, resolutions, learning from mistakes, emotions and actions
Relationships	Liking and loving, prejudice, teasing and respecting each other's feelings
A healthy balanced lifestyle	Clean choices, harmful substances, unsafe places, playing safe, food choices, exercise
Citizenship	Rights and wrongs, anti-social behaviour, environmental issues
Risk	To be managed rather than simply avoided, and safety (including behaviour and strategies in different settings)
Diversity and equality	In all its forms
Rights, responsibilities	Including fairness and justices

Change and resilience	The skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstances something to be managed
Power	How it is used and encountered in a variety of contexts including persuasion, bullying and negotiation
Career	Including enterprise and economic understanding

PSHE has three core themes:

- Theme 1: Health and Wellbeing Education
- Theme 2: Relationships
- Theme 3: Living in the Wider World

HEALTH AND WELLBEING EDUCATION AT JPGS

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It enables them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources. At JPGS our Health and Wellbeing education will support pupils to:

- manage transition;
- maintain physical, mental and emotional health and wellbeing;
- assess and manage risks to health and to stay, and keep others, safe;
- identify and access help, advice and support;
- make informed choices about health and wellbeing matters including drugs, and tobacco, maintaining a balanced diet, physical activity, emotional health and wellbeing;
- understand the role and influence of the media on lifestyle.

RELATIONSHIP EDUCATION AT JPGS

The aim of teaching pupils about relationships is to give them the information they need to help them develop healthy, nurturing relationships of all kinds. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. This will help pupils understand the positive effects that good relationships have on their mental wellbeing, identify when relationships are not

right and understand how such situations can be managed. At JPGS our Relationship Education will support pupils to:

- develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills;
- recognise and manage emotions within a range of relationships;
- deal with risky or negative relationships, including all forms of bullying and abuse, sexual and other violence and online encounters;
- managing loss, including bereavement, separation and divorce;
- respect equality and be a productive member of a diverse community;
- identify and access appropriate advice and support.

WIDER WORLD EDUCATION AT JPGS

The aims of teaching pupils about living in the wider world are to provide them with the knowledge, skills and understanding to prepare them to play a full and active part in society. Awareness and understanding of democracy, government and how laws are made and upheld. Teaching should equip pupils with the knowledge to explore political and social issues, to weigh evidence, debate and make reasoned arguments. It should also prepare pupils to take their place in society as responsible citizens, manage their money well and make sound financial decisions. At JPGS our Living in the Wider World education will support pupils to:

- be aware of the rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy;
- make informed choices and be enterprising and ambitious;
- develop employability, team working and leadership skills and develop flexibility and resilience;
- be aware of the economic and business environment;
- understand how personal financial choices can affect oneself and others and about rights and responsibilities as consumers.

Date of Review: September 2026	Reviewed and approved by: Headmaster, BoG
Date of next review: August 2027	