



# PSHE Policy

Date of last review: January 2025

Date of next review: January 2026

## **Policy Statement**

At Dar ul Madinah, we believe that Personal, Social, Health and Economic (PSHE) education is a vital part of our pupils' development. It supports their spiritual, moral, cultural, mental, and physical growth and prepares them for the opportunities, responsibilities, and experiences of later life. Our PSHE curriculum is rooted in Islamic values, encouraging pupils to live as responsible and compassionate citizens within both the school and wider community.

## **2. Aims and Objectives**

- To provide pupils with knowledge, understanding, attitudes and practical skills to live healthy, safe, productive lives.
- To develop self-awareness, empathy, and the ability to manage emotions.
- To promote respect for self and others, including diversity and difference.
- To support the development of positive relationships and good manners in line with Islamic teachings.
- To equip pupils with strategies to stay safe online and offline.
- To prepare pupils for transitions and the responsibilities of adult life.

## **3. Curriculum Content**

Our PSHE curriculum is delivered through weekly lessons, assemblies, enrichment activities, and cross-curricular links. It covers three core themes:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

All content is taught within a framework of Islamic morals and British values, ensuring it is age-appropriate and sensitive to the faith and cultural needs of our pupils.

## **4. Delivery**

PSHE is taught by class teachers using a spiral curriculum approach, where topics are revisited and deepened over time. We use a combination of in-house resources and reputable PSHE schemes, adapted to reflect Islamic values. External visitors, such as healthcare professionals or police officers, may support delivery, with prior approval from leadership and parents.

## **5. Inclusion**

Our PSHE curriculum is inclusive of all pupils regardless of their ability, background, or SEND needs. Lessons are differentiated as needed to ensure access and engagement for all

learners. We are sensitive to cultural and religious values, ensuring all content is appropriate and respectful.

## **6. Assessment and Monitoring**

Teachers assess PSHE through observation, pupil self-reflection, discussions, and work produced in class. The Deputy Headteacher monitors the delivery of PSHE through lesson observations, planning scrutiny, and pupil voice.

Feedback is used to inform future planning and improve provision.

## **7. Safeguarding**

PSHE provides a key opportunity for pupils to learn how to keep themselves safe. Topics such as personal boundaries, consent, mental wellbeing, and staying safe online are covered. All safeguarding concerns are handled in line with the school's Safeguarding and Child Protection Policy.

## **8. Parental Involvement**

We recognise the importance of working with parents to ensure the success of our PSHE provision. Parents are informed of PSHE topics each term and are encouraged to reinforce these lessons at home. Parents may request to view resources and are welcome to discuss any concerns with staff.

## **9. Linked Policies**

- Safeguarding & Child Protection Policy
- Behaviour Policy
- Relationships and Health Education Policy
- Anti-Bullying Policy
- Online Safety Policy

## **10. Approval and Review**

This policy is reviewed annually by the Senior Leadership Team to ensure it remains relevant, effective, and in line with statutory guidance.