Date: August 2025
Review Date: August 2026
Responsibility: Deputy Headteacher Pastoral & PSHE Lead

PSHE POLICY – SENIOR SCHOOL

1. Introduction

PSHE (Personal, Social and Health Education) is a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in the modern world. Evidence shows that well-delivered PSHE programmes have a positive impact on both academic and non-academic outcomes for pupils.

2. Aims

The curriculum is designed to nurture pupils' personal skills and attributes,including resilience, self-esteem, risk management, teamwork, and critical thinking, within the framework of three core learning themes:

(i) Health and Wellbeing;
(ii) Relationships; and
(iii) Living in the Wider World (including Economic Wellbeing and aspects of Careers Education).

3. Teaching

The PSHE sessions are delivered by a pupil's academic tutor or at times by specialist teachers (for example the Head of University Counselling; Heads of Key Stage; the Head Nurse or by teachers who have experience in a specific field) within the timetable, or during tutor time. Teachers are supported by the PSHE Lead Teacher/Coordinator with a scheme of work and resources being readily available for use. This may occasionally include external speakers who are invited to cover specific specialist topics.

PSHE should be delivered in a way that equips students with the essential skills, knowledge, values, and attitudes required to make informed decisions about all aspects of their lives. The curriculum must be presented to reflect a Malaysian context, ensuring students develop an understanding of the social, cultural, and legal realities within Malaysia. However, as a British international school, it is equally important that PSHE lessons broaden students' horizons by presenting accurate and relevant information about life beyond Malaysia, particularly in the UK and the USA as the majority of ECiM students enter universities in these countries. This global perspective enables students to appreciate different cultural, legal, and societal norms, fostering adaptability and critical awareness. Teachers are expected to approach all topics in an unbiased and balanced manner. While acknowledging

that personal worldviews may influence teaching style, educators must not dictate the narrative or impose personal opinions. Instead, lessons should be structured to present factual, age-appropriate information that encourages critical thinking, respectful discussion, and the development of individual perspectives. The ultimate aim is to empower students to think independently, evaluate information critically, and make well-informed, responsible decisions that will positively impact their personal development and future contributions to society.

4. PSHE Core Team

We have established a core PSHE team consisting of the PSHE Lead Teacher/Coordinator, the Assistant Headteacher for Wellbeing and Behaviour (Whole School), the school counsellor, the Head of University Counselling, and the Associate Head of KS3. This Core Team reports directly to the Deputy Headteacher Pastoral.

In addition to this core team, staff members with specialist skills may be invited to contribute to the PSHE programme. They will join PSHE core team meetings when their expertise is relevant and required.

Key functions of this team:

- Offer expert advice on curriculum matters.
- To assist in curriculum development.
- To elevate the profile of PSHE within the school.
- Be involved in training tutors for PSHE delivery.

5. Curriculum Summary

The PSHE SoW 2025-2026 outlines the topics that will be covered during the academic year.

6. Monitoring and evaluation of the programme

In order to be successful, it is very important that the programme is seen as relevant to the age and needs of our pupils. To meet this objective, regular monitoring and evaluation is carried out with both the pupils and their academic tutors. This includes all pupils completing a questionnaire, at the end of the year, evaluating the programme.

CPD sessions are also organised with the tutors of each Key Stage, providing an opportunity to reflect on what went well in the sessions and what needs to change for the future.

Parents are aware of the programme and are encouraged to communicate with the PSHE Lead Teacher/Co-ordinator or Deputy Headteacher Pastoral should they have any questions or concerns. Letters are sent to parents ahead of the Relationships and Sex Education (RSE) unit to inform them and offer the option to withdraw their child from these lessons. Tutors who feel uncomfortable delivering this content are also given the choice to opt out, in which case another member of staff will take over the delivery of those sessions.

All tutors are observed by a member of the Senior Leadership Team (SLT) during their PSHE lessons, and SLT members also carry out regular learning walks to monitor PSHE teaching and engagement. Feedback is given to tutors after the observations and learning walks.

Link to PSHE observation sheet

7. Useful links and resources

Parents and staff seeking further information may find the following links and resources helpful:

- *'What's happening to me?' - An Illustrated Guide to Puberty*, Peter Mayle, published by Kensington Publishing Corp.
- *I am here now - A Creative Mindfulness Guide and Journal*, The Mindfulness Project, published by Tarcher Perigee
- *Happiness Now*, Andrew Matthews, published by Seashell
- Preparing for examinations: An emotionally healthy approach to (I)GCSEs - a guide for parents: https://docs.wixstatic.com/ugd/b5791d_a51e981777114f85aff0180fbb216156.pdf
- New psychoactive substances and club drugs - a handbook for parents and carers: https://drive.google.com/file/d/1-Lhqc3idZASqcs08TgJEQFPDcnbU92Nv/view?usp=sharing
- Girls' confidence and body image - a parents' guide: https://drive.google.com/file/d/1ObYXa477MTuUd5cG5szTgzx9eswI1LeK/view?usp=sharing
- Online gaming - an introduction for parents and carers: https://drive.google.com/file/d/1cUG304XHAaF5FeDecf379qBmw6r0bQvK/view?usp=sharing
- Information and support to parents in digital family life: https://parentzone.org.uk/advice/parent-guides