



**ST CHARLES' CATHOLIC**  
**PRIMARY SCHOOL**

**PHYSICAL, SOCIAL, HEALTH**  
**AND EMOTIONAL POLICY**  
**(PSHE)**

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| <b><u>PSHE POLICY</u></b>       |   |
| <b><u>AGREED: JUNE 2021</u></b> | <b><u>NEXT REVIEW: JANUARY 2023</u></b> |

**Our Mission at St Charles' Catholic Primary School is to...**  
**LOVE, LEARN, GROW TOGETHER**

**ST CHARLES' CATHOLIC PRIMARY SCHOOL**  
**PSHE POLICY**

Personal Social Health Education (PSHE) Policy

To be read in conjunction with policies on RSHE, Science, DT, PE, Behaviour and Anti-Bullying.

**1. Aims and objectives**

PSHE education at St Charles' Catholic Primary School, aims to explore the knowledge and understanding children need to stay safe, be happy and healthy and fulfil their potential, while also preparing them for life, both in the present and future. It also aims to equip children with the skills they need to live successfully as citizens of the communities to which they belong and enables them to celebrate diversity and treat all people with kindness and respect. PSHE education in our school also aims to encourage children to develop positive mental health and emotional wellbeing, by empowering them with the knowledge of why this is important and how it can be achieved. We want to educate the whole child through our PSHE education and believe this positively impacts the individual, the school community, the wider community and the global community - both present and future

Our objectives in the teaching of PSHE are to:

- know and understand what is meant by a healthy lifestyle
- be aware of safety issues
- understand what makes for good relationships with others
- have respect for other people and show sensitivity towards others
- be thoughtful and responsible members of their community and their school
- become active members of our democratic society
- develop self-confidence and self-esteem
- make informed choices regarding personal and social issues
- develop good relationships with other members of the community

**2. Teaching and Learning**

In our school, PSHE and Citizenship education will be delivered in a way which is accessible to and inclusive of all pupils. These lessons will involve a variety of teaching methods and

interactive activities to encourage pupil engagement. We aim to create a safe and supportive climate for learning in which all children can thrive, feel able to ask questions and discuss issues openly. All of our pupils will participate in weekly PSHE education lessons. Special consideration will be given when teaching particularly sensitive content; staff will be fully aware of the children in their class and how they might relate to the lesson content, providing extra support to enable participation. Each class has a question box which gives pupils the option of writing down their questions and receiving an answer on a one-to-one basis or this could be anonymous and addressed to the whole class. Distancing techniques will be employed in all PSHE education lessons, meaning that children are able to engage with and explore issues deeply without having to discuss their own lives and experiences. We encourage the children to take part in a range of tasks that promote active citizenship, for example charity fundraising.

### **3. PSHE and citizenship curriculum planning**

We deliver PSHE curriculum through our RE, Science, PE, DT, Computing and as a discreet subject (The EYFS work to the standards in the PSED area of their curriculum, details of which can be found in the curriculum policy).

All classes have a weekly discreet PSHE lesson of at least 30 minutes.

We organise the PSHE curriculum in a variety of ways. We use the archdiocese recommended scheme of work *Journey in Love* and *Life to the full* throughout school years Reception to year 6. This scheme of work and all of its resources have been produced to be fully in line with the Learning Outcomes and Core Themes outlined in the 2020 PSHE Association Programme of Study which is widely used by schools in England and is recommended and referred to by the DfE in all key documentation relating to PSHE provision in schools.

We cover diversity and tolerance through the *No Outsiders* programme.

The *Go-givers* programme covers lessons relating to living in the wider world.

All aims are taught through the three core areas of PSHE education, which are:

- Health and Wellbeing
- Relationships
- Living in the Wider World.

All lessons will cover content in an age-appropriate manner.

**Health and Wellbeing** lessons will explore physical wellbeing, healthy lifestyles, mental health, growing and changing, keeping safe and drugs, alcohol and tobacco.

**Relationships** lessons will explore families and close positive relationships, friendships, managing hurtful behaviour and bullying, safe relationships and respecting self and others.

**Living in the Wider World** lessons will explore our shared responsibilities, communities, media literacy and digital resilience and economic wellbeing (money and aspirations, work and career) and British Values.

#### **4. PSHE and citizenship and inclusion**

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.

#### **5. Assessment**

Pupils' learning will be assessed throughout each topic using a pre and post assessment task. This helps pupils to also be involved in regular reflection of their own learning journey in relation to PSHE education. We believe this is pivotal to the embedding and progression of knowledge, skills, understanding and attitudes. This will help us to provide a curriculum which is relevant and meaningful to all pupils. However, due to the personal nature of taught content, we believe it is important that learning in PSHE education is seen as developmental and not as succeeding or failing. In our school, all children should feel they are succeeding in PSHE education, whatever their starting or ending point within a unit of work.

#### **6. Monitoring and review**

The planning and coordination of the teaching in PSHE is the responsibility of the PSHE subject leader, who also:

- supports colleagues in their teaching, by keeping informed about current developments in the subject, and by providing a strategic lead and direction for PSHE

The quality of teaching and learning in PSHE is monitored and evaluated by the PSHE Subject Leader. We allocate special time for our subject leader to enable him/her to fulfil this role by reviewing samples of children's work and conducting pupil voice interviews.