

# St Joseph's Catholic Primary School



## Personal, Social and Health Education Policy

Written by:	Date reviewed:	Approved by:	Date for next review:
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## **Rationale**

At St Joseph's Catholic Primary School, we believe that Personal, Social, Health Economic well-being – PSHE, promotes moral, social and cultural development through helping children to acquire a critical appreciation of issues of right and wrong, justice, fairness, and rights and obligations in society. It helps pupils to develop an understanding of how society works and how decisions are made. Pupils take part in community and social activities that help to promote personal and social skills. Members from each class, as voted for by their peers, form the School Council. PSHE provides pupils with the opportunity to reflect on moral, social, spiritual and cultural dimensions. It allows pupils to consider their own views and opinions, to investigate and think about topical issues, problems and events and as they participate in activities in their school, neighbourhood and communities. We are also aware that our pupils have different emotional and psychological needs throughout their time with us and we endeavour to support them in every way we can. Parents and carers are encouraged to tell the school if any child is in need of additional support at any time. St Joseph's takes a holistic approach wherever possible when teaching British values rather than concentrating on individual subjects. This is addressed across the curriculum with many opportunities for discussing and promoting British values. For example, the PSHE curriculum may involve discussions about friendship and how we treat our friends. There are natural connections between this and the British values around mutual respect. Assemblies and Prayer and Liturgy sessions regularly address how British values are relevant to all pupils. British values are embedded and flow through the school.

## **Aims**

The school's PSHE provision supports the school's aims of developing confident citizens and successful learners who are creative, resourceful and able to identify and solve problems. To help all pupils to learn and achieve to the best of their ability; to prepare them for the opportunities, responsibilities and experiences of life. The social and emotional development of pupils is embedded throughout the entire school's curriculum and culture. This whole school approach aims to:

- Give pupils knowledge and develop their self-esteem, confidence and self-awareness to make informed choices and decisions;
- Encourage and support the development of social skills and social awareness;
- Enable pupils to make sense of their own personal and social experiences;
- Promote responsible attitudes towards the maintenance of good physical and mental health, supported by a safe and healthy lifestyle;
- Enable effective interpersonal relationships and develop a caring attitude towards others;
- Encourage a caring attitude towards and a responsibility for the environment;

- Help pupils understand and manage their feelings and build resilience to be independent, curious problem solvers;
- Understand how society works and the laws, rights and responsibilities involved.

### **Teaching and Learning**

As there is a large overlap between the PSHE programme and Religious Education (RE), we deliver a considerable amount of PSHE through Prayer and Liturgy and RE lessons. We use a range of Teaching and Learning styles to meet the PSHE requirements of the National Curriculum. We emphasise active learning by including the children in discussion, investigations, and problem solving activities. We encourage the children to take part in a range of tasks that promote active citizenship, e.g. charity fundraising or involvement in helping other individuals less fortunate than themselves.

### **Implementation**

At St Joseph's Catholic Primary School, we follow the You, Me and PSHE scheme of work, which is a planning resource which supports the teaching of PSHE education in Key Stages 1 and 2.

We use this alongside responding to the needs of our children as well as any events that may arise. This ensures that our approach to PSHE is personal and tailored to the needs of our children. PSHE is an important subject to teach, it is vital if our children are to learn how to keep safe and happy in our ever changing world.

Our plans define what we will teach and ensure an appropriate balance and deliverance. This provides a spiral approach designed to allow for previous learning to be built upon in a way that develops key knowledge and skills and also allow this to be embedded to the children's long term memory. Work is divided into 7 strands allowing the children to revisit learning at an age appropriate level. Each class teacher is responsible for developing and using the medium and long term plans.

The 7 strands are:

- Identity, society and equality
- Keeping safe and managing risk
- Drug, alcohol and tobacco education
- Mental health and emotional well being
- Careers, financial capability and economic well being
- Physical health and well being
- Sex and relationship education

Activities are planned in PSHE so that they build upon prior learning of the children and are relevant and sensitive to the needs of the children. While we give children of all abilities the opportunity to develop their skills, knowledge and understanding, we also build planned progression into the scheme of work, so that there is an increasing challenge for the children as

they move up through the school. These skills are then assessed by the class teacher and subject lead to ensure progression for all children.

### **Objectives**

To raise pupils' confidence and self-esteem by reminding everyone of the importance of respecting one another as individuals by;

- Offering a supportive climate for learning
- Providing a foundation for acquiring the skills needed to learn
- Increasing pupil motivation and deepen their understanding through providing relevant opportunities or 'real life' learning
- Improving pupils' ability to reflect on and become responsible for their own learning
- Reducing the chances that pupils' education will be interrupted or impaired, for example, by fear of bullying
- Having a deep understanding of how to lead a healthy lifestyle: including physical, mental health and emotional well being
- Promoting a positive and prudent relationships and sexual education which is compatible with their physical, cognitive, psychological and spiritual maturity and rooted in the Catholic Vision of education and the human person
- Having an awareness of drug, alcohol and tobacco education
- Having a sense of pride in their positive contribution to the school
- Having an awareness of keeping safe and managing risk
- Having an awareness of internet safety
- Developing a positive sense of identity, society and equality issues
- Developing a knowledge of careers, economic wellbeing and financial capability

We want to build a PSHE curriculum that incorporates the understanding of HRSE, which enables pupils to explore the complexity of the relationships they have now and to know how to be safe, preparing them to understand and develop healthy relationships in their future lives.

### **The Early Years Foundation Stage**

In the Early Years Foundation Stage, PSHE is encouraged through the 'Personal, Social and Emotional Development' curriculum. PSHE is about making connections and is strongly linked to learning through play. PSHE is taught through activities that are part of topics, as well as an individual basis to develop personal skills such as dressing, feeding and toileting. Positive experiences are built through daily opportunities to share and enjoy a range of different activities. The children are given the opportunity to engage in social activities, as members of a small group or occasionally during whole school activities. The children also experience PSHE through Prayer and Liturgy as a whole school.

### **KS1 and KS2**

Our PSHE programme exposes children to the 7 key strands addressed earlier in each year group which helps to show progression throughout their time at St Joseph's Catholic Primary School. The children are encouraged to engage in activities that promote an understanding of themselves as growing and changing individuals, and as members of a wider community. These activities also encourage pupils to understand how their choices and behaviours can affect others. The children are encouraged to play and learn alongside, and collaboratively with their peers. They may use their personal and social skills to develop and extend these activities. The children are also given the opportunity to make choices about their health and environment and are encouraged to develop a caring attitude to others. All aspects of British values are integral to the children's learning and experiences.

### **Assessment and recording**

Assessments are made through observations during lessons, discussions, activities and events. Teachers record the progress made by the children against the learning objectives for a series of lessons.

Work is recorded in a floor book which the PSHE subject leader will monitor throughout the year.

### **Monitoring and review**

The monitoring of the standards of children's work and the quality of teaching is the responsibility of the PSHE subject leader. At the beginning of each academic the PSHE Subject leader will create a subject action plan for the upcoming year. All activities and visiting agencies will adhere to our safeguarding policy and procedures.