

# St Joseph's Catholic Primary School

**Mater Christi Multi Academy Trust**  
Loving, Living, Learning Together



At St. Joseph's Catholic Primary School, we believe that every child is a unique creation of God.

We promote respect and care for one another following in the footsteps of the family Jesus wants us to be.

Caring for one another is at the centre of our school life.

We promise to provide educational opportunities and experiences to enrich the learning and well-being of the children by following the teaching of Jesus Christ.

Our school values its partnership with the Parish community and

MAT, together enabling our children to become rounded, confident individuals, with an understanding of Gospel values as preparation for the world of work and life.

## PSHE Policy

Written by:	Date reviewed:	Approved by:	Date for next review:
Miss Eleanor Critchley	September 2025	Mrs N Mercer	September 2026

## Rationale

At St. Joseph's Catholic Primary School, we believe that Personal, Social, Health Economic Education - PSHE, is an important and necessary part of our children's education. PSHE promotes pupils' spiritual, moral, social and cultural development and prepares all pupils for the opportunities, responsibilities and experiences of life. PSHE education is guided by the values of:

- Honesty
- Kindness
- Trust
- Responsibility
- Friendship
- Self-control
- Empathy
- Respect
- Tolerance

These values, skills and attributes taught in PSHE help pupils to stay healthy, safe and prepare them for life and work in modern Britain.

## Intent

At St. Joseph's Catholic Primary School, we aim to promote pupils' self-esteem and emotional and physical well-being and help them to form and maintain worthwhile and satisfying relationships. We aim to teach pupils the skills needed to tackle many of the moral, social and cultural issues that are part of growing up. We strive to promote respect for themselves and for others, at home, at school and in the community.

## Aims

The PSHE curriculum supports the school's aims of developing confident citizens and prepares 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.

## **Implementation**

At St. Joseph's Catholic Primary School, we follow You, Me PSHE scheme of work, which is a planning resource which supports the teaching of PSHE education in Key Stages 1 and 2. It is a clear and progressive PSHE curriculum with age-appropriate topics. Alongside this scheme of work all classes follow A Journey in Love, a Relationships and Sex education (RSE) resource and the No Outsiders programme, which embeds inclusive education, promoting community cohesion and prepares pupils for life as global citizens. Alongside these schemes and resources we respond 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 a key way that we can ensure that pupils are receiving a wide and varied curriculum that is relevant to the lives they live today and prepares them for the future.

Our curriculum 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. 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.

### **You, Me PSHE**

You, Me PSHE is divided into strands allowing the children to revisit learning at an age-appropriate level. The 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

### **A Journey in Love**

A Journey in Love teaches pupils about love and sexual relationships following the Catholic Churches teachings and is of Catholic ideals. An aspect of love is revisited in each year group and in each stage, pupils reflect on personal growth and development. Pupils focus on social, emotional, physical and spiritual development.

### **No Outsiders**

No Outsiders promotes an ethos of inclusion and tolerance with a progression of books that prepare pupils for a life where diversity is embraced and there is no fear of difference.

## The Early Years Foundation Stage

In the Early Years Foundation Stage, PSHE is encouraged throughout the 3 Prime Areas:

- Communication and Language
- Physical Development
- Personal, Social and Emotional Development

PSHE is about listening, understanding others, expressing themselves, practising self-regulation, building relationships, managing themselves and exploring their physical development. PSHE is strongly linked to learning through play. It is taught through activities that are part of topics, as well as an individual basis. Positive experiences are built through daily opportunities to share and enjoy a range of different activities. Pupils 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 and joining in whole school assemblies.

## Wider experiences for teaching and learning

Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities e.g. charity fundraising and involvement in helping other individuals less fortunate than themselves. At St. Joseph's Catholic Primary School we adopt a holistic approach we understand that there is a large overlap between PSHE and other subjects. We deliver a considerable amount of PSHE through other lessons such as RE lessons, where pupils learn about respect and in PE lessons pupils are taught about the benefits and importance of daily exercise, good nutrition and how they make us feel. Assemblies and Prayer and Liturgy sessions regularly address values that are relevant to all pupils. Values are embedded and flow through the school.

We are aware that our pupils have different emotional and psychological needs and experiences throughout their time with us and we endeavour to support them in every way we can.

## Impact

### Assessment

AfL strategies are used throughout the units to assess a child's learning. Teacher assessments include observations, discussions, questioning, activities, events and pupils' work. Tracking is used throughout school, to assess PSHE against the learning objectives. This follows the children throughout school to support the next teacher. Pupils work is recorded in floor books, individual workbooks and through media.

### Monitoring and review

The PSHE Subject Leader will monitor learning environments, the standards of children's work and the quality of teaching. At the beginning of each academic the PSHE Subject leader will create a subject action plan for the upcoming year which will be updated regularly and rated each term. Pupils and staff will have the opportunity to evaluate PSHE education and its impact.