

*In our school every day we learn, love and pray.*

## **St Edmund's Catholic Primary School**

### **Personal, Social and Health Education Policy**

*"A learning community, celebrating Christ in all, building a kingdom of love, hope and joy."*

As a Catholic school we recognise in everyone the dignity and beauty of the person, made in the image of God. We value each individual and respect them regardless of their background and circumstances because they are our brothers and sisters in the family of God, and we are called to love and value everyone.

At St. Edmund's, Personal, Social and Health Education (PSHE) is central to our school ethos. It supports children in their development. It underpins learning in the classroom and throughout the School. It promotes the spiritual, moral, cultural, mental and physical development of all children. It prepares children at the school for the opportunities, responsibilities and experiences of adult life.

PSHE contributes to the development of children's individual identity, and their sense of self-esteem. It gives direction in life, and develops decision-making skills. As children mature it underpins and supports their emotional development. Where self-esteem is high, learning and all of the social aspects of life become much easier.

When children enter St Edmund's, they already have a range of life experiences developed at home. PSHE continues and supports the personal development of the child, as they progress through the school. Parents or adults who care for the children we teach are the 'first educators' of our pupils. We work in partnership with them in developing their children's personal and emotional development. This work is important to the overall development of the child, it helps guide and develop children to be more caring, to be respectful, empathetic and to become responsible young citizens.

#### **Aims**

At St. Edmund's we aim to:

- Develop positive social interaction and the skills to love and work with others
- Develop a personal identity, to give a focus in life and to motivate the children we teach.

#### **Objectives**

At St. Edmund's our objectives are to:

- Enhance self-esteem and to develop motivation
- Ensure that children understand that they must accept responsibility for their own actions
- Ensure children become independent, enabling them to make informed choices and decisions
- Improve interpersonal skills, thus developing pupils who are able to work independently or collaboratively

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- Develop a sense of responsibility for their actions and to contribute to and accept rules
- Engender an increased understanding of the school as a community and the wider community
- Teach the children how society is organised and governed as well as their rights and responsibilities
- Recognise that children have feelings and to teach them how to manage their own behaviour and to be aware of the impact they have on the behaviour of others
- Develop their own spirituality and faith and appreciate the spirituality and faith of others
- Appreciate diversity and what it means to be a positive member of British and multicultural society and to celebrate the gifts, talents and uniqueness of others
- Discover how to be happy, confident and responsible members of society
- Raise awareness of Global issues through RE and ongoing geography units as well as annual fundraising

PSHE enables the children to:

- develop spiritually, morally, socially and culturally;
- know and understand what constitutes a healthy lifestyle;
- be aware of safety issues, including the dangers of drugs and alcohol;
- understand what makes for good relationships with others;
- understand and manage their emotions;
- value themselves and respect and value others, treating all equally;
- acknowledge and appreciate difference and diversity;
- be independent and responsible members of the school and the local community;
- be positive and active members of a democratic society;
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues;
- safeguard the environment;
- develop good relationships with other members of the school and the wider community;

### **Implementation**

We teach PSHE through the 'Life to the full' scheme of work, supplemented by Twinkl PSHE planning, to ensure the full PSHE curriculum is being covered.

Our topics include:

1. Families and people who care for me
2. Caring Friendships
3. Respectful Relationships
4. Online Relationships
5. Keeping Safe
6. Mental Wellbeing
7. Internet Safety and Harms

8. Physical health and Fitness
9. Healthy Eating
10. Drugs, Alcohol and Tobacco
11. Health and Prevention
12. Basic First Aid
13. Changing Adolescent Body
14. Living in the Wider World

Some of the time we introduce PSHE through other subjects or as part of our creative curriculum. We also develop PSHE through wall displays and whole-school events.

Effective PSHE teaching takes place through a range of teaching strategies. These teaching strategies are essentially active, in that children become involved in their learning, through role play and discussions. This is used to develop personal skills, to explore feelings and allow children to learn about themselves and their interactions with others. It is also a tool for exploring speaking and listening. On occasions visitors are used to support and extend our classroom teaching.

There is a School Council, elected by the children. It meets regularly and the children are encouraged to voice their opinions in a constructive manner. They offer suggestions for school improvement.

#### **Cross-curricular links**

All curriculum areas contribute in some way to PSHE, in developing skills, attributes, values or feelings. Some curriculum areas have specific contribution; for example, parts of sex education/relationships (SRE) are delivered through Science, as well as part of our Relationship Health Education 'Life to the full' programme. Where children are able to learn about themselves, to work independently, or collaboratively, a contribution is being made to PSHE.

#### **Inclusion**

We teach PSHE to all children, regardless of their ability. Our teachers provide learning opportunities matched to the individual needs of all children. Sensitivity will be applied in respect of children's individual needs.

#### **Assessment and Recording**

Teachers assess work in PSHE using a baseline and endpoint assessment activities, included in 'Life to the full' programme and by making informal judgements as they observe the children during lessons and through discussion. PSHE is reported to parents via the annual report.

#### **Monitoring and Review**

The PSHE subject leader is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader will support colleagues in the teaching of PSHE, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in school. The policy will be reviewed every three years.

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Date: **October 2015**  
Reviewed Date: **February 2019**  
Policy reviewed: **May 2022**  
Next review date: **May 2025**