



PSHE

Personal, Social, Health and Economic Education

This is an overarching subject which encompasses the following areas:

- Personal, social and emotional health education
- Citizenship education
- Drug, alcohol and tobacco education
- Healthy eating
- Physical activity
- Healthy relationships education

At Sacred Heart Primary, we believe that PSHE is a vital part of the curriculum in order for our pupils to grow into healthy, confident, responsible adults. As well as gathering a wealth of academic skills throughout their time at Sacred Heart, our pupils will be encouraged and supported to develop their unique identities as individuals, and as members of society. We believe that developing children's self-esteem is crucial to their overall development. We are therefore committed to helping our children gain and maintain a positive view of themselves, teaching them to recognise their own strengths and achievements, and to deal with failure in a positive manner. We desire for all our children to be equipped with understanding and respect for all people, therefore valuing different societies, beliefs and cultures. We wish to support them through the many relationships that they will build in school, as well as equipping them with the skills and qualities that will help them form positive relationships throughout their adult life. Society today makes it increasingly vital that we educate our pupils on how to live healthy lifestyles now and in the future. It is therefore important for our pupils to have the skillset to be able to make informed choices about their health.

Intent

By providing a balanced PSHE curriculum throughout the whole school, we aim to achieve the following:

- To link the PSHE programme with the Sacred Heart goals.
- To provide a caring and supportive Christian environment which creates a sense of belonging in which children can grow and develop to their full potential.
- To foster effective, fulfilling relationships among and between children and adults.

- To increase children's knowledge of their physical, mental and emotional behaviour.
- To develop children's confidence, self-esteem and commitment to their personal development.
- To provide wide-ranging opportunities for children to become active citizens of the world, gaining a variety of skills and experiences within the school and the wider community.
- To provide up to date and honest information about PSHE related issues and allow for discussion and exploration of these, in order to develop personal values and allow children to make informed choices.
- To assist children in their ability to make choices, exploring appropriate and less appropriate choices, both personally and for others.
- To foster independence in pupils and assist them in becoming increasingly responsible for their own learning and behaviour.
- To increase children's knowledge and understanding of the diverse society in which we live and to foster respect for those different to themselves.
- To help children realise the importance of consideration for others and showing good manners at all times.
- To increase pupils' knowledge of the main political institutions as well their rights and responsibilities as citizens, by learning about the core British values.

Implementation

At Sacred Heart Primary school, we aim to provide our KS1 and KS2 children with a structured and progressive programme for PSHE education. Our topics are based on the 3 overarching themes of **Health and well-being, Relationships** and **Living in the wider world**, as detailed in the TenTen programme of resources and the PSHE Association programme of study. For children in Foundation stage, PSHE is delivered via the early learning goals associated with the personal, social and emotional areas of learning.

PSHE is taught discretely, on a weekly basis.

Delivery and approaches

At Sacred Heart, PSHE forms part of the explicit and implicit curriculum as follows:

The Explicit Curriculum

- PSHE is delivered through discrete, timetabled, regular sessions.
- Opportunities for cross-curricular links are provided through R.E., literacy, numeracy, science and geography.
- Drama activities are considered an effective way of investigating pupils' views and helping children to cope with problematic situations.

- Children's literature can be used as effective stimuli for introducing new topics and discussing various situations and issues.
- Community members and external support agencies are invited to come into school and work with the children, to support PSHE throughout the whole school.

The Implicit Curriculum

- Various aspects of the PSHE curriculum are often covered in weekly whole school assemblies, where themes can be introduced through stories, discussion, songs, presentations and awards.
- Pupils' talents are always celebrated through participation in extra-curricular activities and clubs, as well as out of school achievements too.
- During each school day, areas of the PSHE curriculum can be addressed through daily routines, both in the classroom and around school. Pupil voice is implicit in all that we do, where children are encouraged to take responsibility for themselves and others.

The PSHE coordinator will monitor relevant resources and only choose those suitable for the needs of the pupils. The Headteacher and PSHE coordinator will identify any staff training needs. The PSHE coordinator will attend any relevant courses and feedback to whole school staff.

Beyond the curriculum

At Sacred Heart Primary School, pupils are provided with many opportunities to participate in various extra-curricular activities, which encourage children to become active citizens within their school and wider community. Some of those on offer include:

- Violin
- Guitar
- Recorder
- Football
- Netball
- Gymnastics
- Cycling
- Mandarin
- Coding
- School council and many more.

Activities are offered by school staff as well as outside agencies.

Our school council gives all children the opportunity to become more active in the decision making associated with many aspects of school life. In September, two representative school council members are elected from every class by their peers. Meetings take place regularly, where children are encouraged to voice their own opinions and those of their class mates. After school council meetings, the

representatives are given the opportunity to provide feedback to their own class and explore any individual ideas or concerns. They are often involved in organising community events to enhance links with the wider school community and therefore, they become more aware of how money can be organised, gained, saved and used wisely.

Impact

Assessment in PSHE is made via assessment for learning (AfL), at the beginning of a new topic and assessment of learning (AoL), at the end of a topic. Children are encouraged to recognise their own progress in developing skills and participation, as well as improving their own knowledge and understanding.

This policy has been written in line with the following school documents:

- Sacred Heart Mission statement
- R.E. policy
- Behaviour policy
- Equal opportunities policy
- Anti-bullying policy
- Anti-racism policy

It was developed by the Headteacher and the PSHE coordinator, in consultation with school staff and governors.

Policy updated: September 2021
Subject Leader: Mrs P. Nelson