



St Monica's RC Primary School

Here at St. Monica's, we recognise that we are all cherished members of God's family.
We love and care for one another, and trust God to guide us in all we do and say.
By learning together, we aim to achieve and working together, we will succeed.

What we value

At St. Monica's, we value our faith and the message of tolerance and peace that it brings to all in our school.

We value the service of the children, the staff and the parents and the sacrifices that are made to support all who learn and work here.

We value our safe environment where we come together to rejoice as a family, secure in our faith.

Our Vision

To enable us to adapt and respond to future challenges, we aim to provide a safe, supportive learning environment for all members of our school family, based on the teachings and values of the Gospels.

PSHE Policy

Intent

The National Curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

According to the Education Act 2002 and the Academies Act 2010, the PSHE curriculum should be a balanced and broadly-based curriculum which 'promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepares pupils at the school for opportunities, responsibilities and experiences of later life.'

Furthermore, it should:

1. Be rooted in the Gospel values of respect, love, truth and justice.
2. Help pupils develop good social, personal and interpersonal skills that they need to succeed
3. Enable pupils' to develop their dignity, self-confidence and self-responsibility and to cultivate their understanding of their own worth by building their self-esteem
4. Promote the full development of each person who is made in God's image and uniquely loved by God
5. Encourage pupils to be healthy, to lead health lifestyles and to become independent and responsible, valuable members of society
6. Ensure that pupils are developing personally and socially by helping them understand and address the moral, social and cultural issues that are part of growing up
7. Enable to use their social, personal and inter-personal to build positive relationships with others
8. Provide opportunities for pupils to develop their awareness of important issues which impact on their own lives and the lives of others
9. Enable pupils to learn to respect and value diversity and the rich multicultural nature of society

10. Help pupils become valuable members of the school community and to prepare them to play an active role as citizens both now and in later life
11. Be clear and progressive, making relevant links between different areas of the curriculum

Implementation

PSHE is taught as a discrete subject.

We use a PSHE Programme – ‘Life to the Full Plus’ - in which pupils develop the knowledge, skills and attributes needed in order to keep themselves healthy and safe whilst preparing them for life and work.

There are three underlying core themes taught throughout Life to the Full Plus, within which there is broad overlap and flexibility :-

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

Pupils are encouraged to participate in a wide variety of activities, enabling them to make significant contributions to both life in school and within the wider community. This allows them to become aware of their skills and talents, develop their self-worth, learn to work as part of a team and take greater responsibility for their own learning. In doing so, they are able to reflect and evaluate on how they are making progress.

The ‘Life to the Full Plus’ Programme provides pupils with the means to handle many of the social, cultural, spiritual, physical and moral issues that occur throughout life.

‘Life to the Full Plus’ helps pupils to develop and demonstrate skills and attitudes that will allow them to participate fully, and contribute positively, to life in modern Britain. Pupils learn to respect similarities and differences between our diverse cultures in order to build successful and meaningful friendships and relationships that are vital to the world we live in.

‘Life to the Full Plus’ supports the development of the attitudes, values, skills and behaviour which enable pupils to:-

- Live healthy lifestyles
- Address personal hygiene
- Develop an awareness of changing and growing
- Deal with different emotions in an appropriate way
- Keep safe
- Communicate well with others and work as a team
- Define, identify and know how to respond to bullying
- Know where and how to seek help when needed
- Treat everybody with respect
- Form and build positive relationships
- Understand the reasons for rules, and their responsibility to keep them
- Learn about their responsibility in caring for others
- Be active in their own learning

- Be active within their community
- Manage money well
- Keep safe online
- Self-assess and identify their strengths and weaknesses
- Know how to make emergency calls
- Know basic First Aid
- Work collaboratively and respectfully
- Appreciate diversity
- Empathise with other points of view
- Express opinions clearly
- Understand the changes that occur in puberty
- Develop strategies for managing changing emotions

Relationships Education (Statutory)

The focus of 'Life to the Full Plus' in primary school is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults.

'Life to the Full Plus' teaches pupils, in an age-appropriate way, what a healthy relationship is, enabling them to form a clear understanding of the features of positive relationships that are likely to lead to fulfilment, happiness and security. Pupils learn what friendship is, what family means and who the people are who can support them.

Our school's careful use of 'Life to the Full Plus' teaches about families in a well-judged and sensitive way, based on a clear knowledge of the pupils and their circumstances, reflecting that some children have different family structures and supportive relationships. They learn how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding, including the differences between appropriate and inappropriate or unsafe physical, and other, contact are the forerunners of teaching about consent, which takes place at secondary.

'Life to the Full Plus' lessons teach pupils about online safety and appropriate behaviour online, including sharing data and ways in which information provided by users may be used negatively.

Relationship Education through 'Life to the Full Plus' encourages the development and practice of resilience and perseverance, self-respect and self-worth. Pupils are also helped to develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice. In 'Life to the Full Plus', this is achieved through a plethora of exciting and innovative learning experiences for in active citizenship.

Pupils are taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.

They also learn about safe relationships, focusing on boundaries and privacy and ensuring that they understand that they have rights over their own bodies. This also covers understanding boundaries in friendships with peers, in families and with others, in all contexts, including online. In 'Life to the Full Plus', pupils are clearly taught how to report concerns and seek advice when they suspect or know that something is wrong. Of paramount importance is ensuring the balance between informing children about making sensible decisions to stay safe (including online) without frightening them unnecessarily, whilst also making it clear that it is never the fault of a child who is exploited or abused, and why victim blaming is always wrong.

Sex Education

Sex Education is not statutory in primary schools. Through 'Life to the Full Plus' children in LKS2 will be able to describe puberty as the process of change that children go through to become adults. They will learn the correct naming of genitalia. In UKS2, they will learn about how a baby grows and develop in its mother's womb and gain an understanding of how pregnancy and childbirth are God's way of giving the gift of life.

In October 2023, parents were asked to take part in a consultation questionnaire which asked for their views on the content of 'Life to the Full Plus'. They were also provided with access to an 'Online Parent Portal' which in addition to learning about the topics covered in each age group, gives suggestions for further activities and discussions at home.

The National Curriculum for science includes subject content in related areas, such as the main external body parts and reproduction in some plants and animals. Our school has determined *that we do not need to cover any additional content on sex education to meet the needs of our pupils.*

PSHE Content and Coverage

'Life to the Full Plus' covers all areas of PSHE and RHE for primary schools. It is a spiral curriculum which means that the teaching returns to the same modules and units each year.

The school follows 'Pathway 3' which is a one year cycle over three terms – this means that the full learning stages are run twice (e.g. the full KS1 programme is run with Year 1 and then repeated and extended with Year 2).

Children change and grow; their level of engagement will increase as they develop their social, moral, cultural and spiritual understanding. They have the opportunity to embed their learning. The older children in the class are given Extended Activities to complete.

This PSHE Policy will be carried out in accordance with the SEN Code of Practice 2014. High quality teaching – that is differentiated and personalised – will ensure accessibility for pupils with Special Educational Needs and Disabilities (SEND). Teachers are aware that PSHE is a particularly important subject for some pupils with SEND due to the nature of their needs and vulnerability to exploitation and bullying. Therefore, in preparation for adulthood outcomes, every effort is taken to differentiate PSHE content and deliver it in a personalised way.

Impact

PSHE will give all pupils, including those who are disadvantaged and those with SEND, the appropriate knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible members of the school and wider community. Pupils will know and understand what is meant by a healthy lifestyle; be aware of safety issues and understand what makes for good relationships with others. They will have respect for other people and show sensitivity towards others. They will be thoughtful and responsible members of the school and wider community and they will increasingly develop their self-confidence, self-esteem and as they become independent learners and purposeful people.

We will monitor, evaluate and assess teaching and learning in PSHE through lesson observations, work scrutiny and pupil voice activities.

Teacher assessments will be recorded on OTrack for those aspects that are statutory (relationships and health education).

Bibliography

This PSHE Policy is informed by the following links:-

- [Academies Act 2010](#)
- [Children and Social Work Act 2017](#)
- [Education Act 2002](#)
- [Guidance on Relationships, Relationships and Sex Education, and Health Education](#)
- [Parliament UK Report 2019](#)
- [PSHE Association](#)

Appendices

For further guidance on Relationships Education (Primary), Relationships and Sex Education (RSE – Secondary) and Health Education (Primary and Secondary), please visit the following:

[Guidance on Relationships, Relationships and Sex Education, and Health Education](#)

Reviewed November 2023