

# Castle Primary School

## PSHE and Children's Rights Policy

Review Date: Feb 2026

(If at any time circumstances or situations should change in this subject area, the policy will be reviewed earlier)

### Overview

#### Personal Social and Health Education

Our aim in the teaching and learning of Personal, Social, Health Education (PSHE) is to give our pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens.

Pupils are encouraged to take part in a wide range of activities and experiences beyond the curriculum, contributing fully to the life of the school and community. We provide a supportive environment where all members of the community are valued and encouraged; positive relationships are seen as important and there is a safe and secure school environment, which is conducive to learning. Finally, through a broad and balanced PSHE curriculum our pupils are prepared for the opportunities, responsibilities and experiences of future and ultimately adult life.

#### Curriculum Intent

The intent of our Personal, Social, Health Education (PSHE) curriculum is to give our pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible citizens.

We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE curriculum develops learning and results in the acquisition of knowledge and skills which will enable children to access the wider curriculum and prepare them to be a global citizen now and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships and Sex Education enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

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Castle Primary will;

- Feel happy, safe and be able to express their feelings and views.
- Know what makes a healthy lifestyle (including emotional wellbeing).
- Be able to recognise the elements of a healthy relationship, recognise and respond appropriately to a wide range of feelings in self and others.
- Challenge bullying and abuse.
- Be able to contribute to life of classroom, school and the wider community
- Will understand and demonstrate positive British Values.

## Curriculum Implementation

At Castle Primary, we strive to provide our children with learning opportunities across and beyond the curriculum, in specific lessons, circle time, special school projects and other activities that enrich pupils' experiences. There are always occasions where teachers may feel it necessary to teach PSHE as a result of an issue arisen in their own class.

The PSHE curriculum is taught through questioning, vocabulary and discussions using stimulating topics to encourage in-depth conversations.

Our curriculum is implemented based on guidance provided by Go-Givers. Teaching of PSHE is timetabled for weekly sessions where children are able to discuss, interact and create. Cross curricular links may also mean work related to the PSHE curriculum may be taught at other times:

- Through pastoral care groups
- Through foundation subjects as well as literacy, numeracy and science
- Circle Time sessions
- Through our themes and topics

We encourage our pupils to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We challenge all of our pupils to look for opportunities to show the school values of faith, hope and love.

Assemblies are linked to PSHE, British Values and SMSC and cover any additional sessions that would benefit the whole school.

We believe that focusing on developing a 'Growth Mindset' in our children will help them to build resilience, independence and confidence; embrace challenge; foster a love of learning; and increase their level of happiness. We do this through the language we use in class, praising children for their efforts, and using language to encourage children to change their way of thinking. This supports both our school and PSHE aims and values.

We also teach aspects of Sex Education through both our Science and PSHE Curriculums. Alongside this, we teach about different kinds of relationships, including same sex relationships, and gender identity. It is important that our children have an understand the full diversity of the world they live in, and be prepared for life in modern Britain.

Our PSHE curriculum aims to prepare children for life, helping them to know and value who they are and understand how they relate to other people in this ever-changing world. There is a strong emphasis on emotional Literacy, building resilience and nurturing mental and physical health. It includes mindfulness to allow children to advance their emotional awareness, concentration and focus.

## Rights Respecting School

In a Rights Respecting School children and adults work together to ensure that children's rights are taught, practiced, respected, protected and promoted each and every day.

Weekly assemblies, PSHE lessons, display boards and various focus days throughout the year will provide children with opportunity to learn about their rights.

## Curriculum Impact

PSHE at Castle Primary School will enable children to:

- be healthy, independent and responsible members of society
- be able to approach a range of real life situations and apply their skills and attributes to help navigate themselves through modern life
- be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society
- appreciate difference and diversity
- recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty
- be able to understand and manage their emotions
- be able to look after their mental health and well-being
- be able to develop positive, healthy relationship with their peers both now and in the future
- understand the physical aspects involved in RSE at an age appropriate level
- have respect for themselves and others
- have a positive self esteem