



PSHE Policy
2023

Through Christ we believe, inspire, achieve.

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1. Aims

The aims of personal, social, health and economic (PSHE) education in our school are to:

The purpose of this Relationship, Sex and Health Education (RSHE) policy is to set out the ways in which the school's provision supports pupils through their spiritual, moral, social, emotional and physical development, and prepares them for the opportunities, responsibilities and experiences of life growing up in today's world.

The Purpose

The aims of Personal, Social and Health Education (PSHE) at English Martyrs Catholic Primary School are to:

- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of dignity, self-worth, self-respect, confidence and empathy.
- We promote the needs and interests of all pupils, irrespective of gender, culture, ability or personal circumstances.
- We promote diversity and inclusion and will consider all pupils' needs.

2. Statutory requirements

PSHE is a non-statutory subject. However, there are aspects of it we are required to teach.

- We must teach relationships education under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#)
- We must teach health education under the same statutory guidance

3. Content and delivery

3.1 What we teach

As stated above, we're required to cover the content for RSE, as set out in the statutory guidance (linked to above).

Refer to our RSE policy for details about what we teach, and how we decide on what to teach, in this subject.

For other aspects of PSHE, including health education, see the attached curriculum map for more details about what we teach in each year group

3.2 How we teach it

- PHSE/RSE will be taught weekly. We use 1010 resources and Journey in Love to support the teaching of these subjects.

- PSHE is organised as part of the management of pupils in the classroom, as an element within the formal taught curriculum, the informal curriculum and extra-curricular activities.
- The provision is located largely cross- curricular and planned with other curricular requirements such as science and literacy with some discrete lessons with a PSHE theme. Some specific elements are developed through circle timework. This is further reinforced through our assemblies as part of a whole school approach with a focus on attitudes, values and celebrating success.
- PSHE focuses on teaching three core themes, these are; Health and wellbeing, Relationships and Living in the Wider world
- The teaching of PSHE is supported discretely by the following elements: Mindfulness - the Present, RE curriculum, Class Rules and Routines, Zones of Regulation, Yoga, Second Step, Anti Bullying Week, Online Safety Week.

4. Roles and responsibilities

4.1 The Governing Board

The governing board will approve the PSHE policy, and hold the headteacher to account for its implementation.

4.2 The Headteacher

The Headteacher is responsible for ensuring that PSHE is taught consistently across the school.

4.3 Staff

Staff are responsible for:

- Delivering PSHE in a sensitive way
- Modelling positive attitudes to PSHE
- Monitoring progress
- Responding to the needs of individual pupils

4.4 Pupils

Pupils are expected to engage fully in PSHE and, when discussing issues related to PSHE, treat others with respect and sensitivity.

5. Monitoring arrangements

The delivery of PSHE is monitored by Elizabeth Morris, subject lead, through:

A planned series of monitoring events that take place throughout the year. Details of these can be found attached to this policy.

This policy will be reviewed by the Headteacher. At every review, the policy will be approved by the governing body.

6. Links with other policies

This policy links to the following policies and procedures:

- RSHE Policy
- Spiritual Moral and Cultural Policy
- Equality Policy
- Educational Visits
- Child Protection Policy

- Anti-Bullying Policy
- RE Policy