



# PSHE & RSE Policy 2024

Through Christ we believe, inspire, achieve.

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## **1. Curriculum Intent**

Our intention is that when children leave English Martyrs they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today's diverse society. Although PSHE is a non-statutory subject, RSE became compulsory for all schools in 2020. PSHE is the foundation to all of our teaching at English Martyrs. By instilling in our children a sense of community cohesion, personal responsibility and the skills necessary to make good choices and lead productive lives we believe they leave our school well equipped for the next stage of their education and later life.

## **2. PSHE & RSE and the National Curriculum**

PSHE forms an important part of our school curriculum. Planning follows online resources from Ten:Ten called 'Life to the Full Plus' which provides three core themes of Created by God, Created to Love Others and Created to Live in Community. Life to the Full Plus is studied in a yearly 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 with Year 2), ensuring that children have the chance to embed their knowledge.

PSHE also encompasses the teaching of RSE throughout each year group.

The program of study is discretely supported by the teaching of Mindfulness, The Present Curriculum, Class Rules and Routines, Zones of Regulation, Mindful Movement, Online Safety, Anti Bullying Week, NSPCC - Pants, Journey In Love and RED - RE curriculum.

## **3. Pupil Experiences**

There will be equal access for all pupils in PSHE and RSE education to guard against all types of discrimination.

## **4. Rationale**

At English Martyrs, we will give all children the opportunity to study PSHE and RSE effectively regardless of gender, culture, ability or personal circumstances.

Children will be equipped with the knowledge and understanding to make informed choices. Staff will endeavour to make PSHE/RSE teaching relevant and meaningful to the children drawing on real life experiences.

Staff will deliver a structured, balanced PSHE/RSE curriculum ensuring adequate coverage of RSE throughout. Planning will include a variety of experiences including roleplay, discussion times and through stories. Children will be given the opportunity to develop dignity, self worth, self respect and confidence. They will know how to maintain a healthy lifestyle and keep physically, mentally and emotionally healthy.

Children will respect and tolerate the people around them and they will be given opportunities to work successfully by themselves or as members of a team.

## **5. Equal Opportunities**

Inclusion is at the centre of everything we do at English Martyrs. We recognise the varying needs of all our learners, and so differentiate activities where necessary and as appropriate, and ensure an appropriate level of challenge is carefully planned for during each PSHE and RSE lesson.

Equal opportunities will be given to all children in respect of:

- Race
- Gender
- Culture
- Special Educational Needs

## **6. Monitoring arrangements**

Assessment in PSHE/RSE is ongoing. Staff will use assessment activities provided by 'Life to the Full' to assess children's knowledge and understanding. Foundation Stage staff will continually assess children in the PSE development and, in Reception, this will form part of their EYFS profile at the end of this key stage. Annual reports for parents will include a statement for PSHE/RSE included along with other foundation subjects.

## **7. Cross Curricular Links**

Teachers will seek to foster literacy and oracy skills in PSHE/RSE e.g. written work, presenting differing point of views, class discussions.

Numeracy skills will be fostered through science activities, data collection etc.

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## **8. Resources**

- Ten:Ten Resources - Life to the Full PLus
- Journey In Love

- The Present
- Zones of Regulation
- No Outsiders in Our School
- NSPCC Pants
- Each class has a set of books designed to help support the teaching of PSHE

## **9. Health and Safety**

Staff will refer to current Health and Safety practices, safety regulations and safeguarding requirements.

## **10. Monitoring of the PSHE & RSE Policy**

PSHE is monitored by Subject lead Elizabeth Morris. RSE is monitored by Subject lead Louise McIntyre. A planned series of monitoring events are scheduled to take place throughout the year. This policy will be reviewed by the Headteacher and approved by the governing body.

## **11. Evaluation of Policy**

The policy will be evaluated against certain criteria; insets undertaken by staff members, staff viewpoints and discussions carried out by the co-ordinators and the Headteacher.