

# St. Anne's Catholic Primary School



*Working together: in faith, learning and love.*

**RSHE / PSHE Policy**

# St Anne's Catholic Primary School

## RSHE/PSHE Policy

### Mission Statement

Working together: in faith, learning and love.

### Rationale of PSHE

National Curriculum Guidance on PSHE States:

- Schools must provide a PSHE programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

In 2019, The Department for Education produced statutory guidance on the teaching of Relationships and Health Education (RHE) within the PSHE curriculum. This stated:

- Children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.
- The subjects should put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.
- Teaching should foster pupil wellbeing and develop resilience and character, fundamental to pupils being happy, successful and productive members of society.
- Pupils should believe that they can achieve goals, both academic and personal and to recover from knocks and challenging periods in their lives.
- Pupils should develop personal attributes including kindness, integrity, generosity, and honesty.
- Teaching should help young people to become successful and happy adults, who make a meaningful contribution to society.

### Intent:

At St Anne's, our RSHE and PSHE curriculum is designed to enable our children to become healthy, independent, and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. We also aim that:

- Children are given the self-esteem and self-confidence to aspire to be whatever they want to be.
- Children are taught self-care techniques – the importance of rest, sleep, hobbies, spending time with family and friends, as well as the importance of eating healthy meals, having regular exercise and preparing for puberty, helping them achieve a healthier lifestyle.
- Children are taught how to recognise and talk about their emotions and feelings and how to respond to and support those who share these.
- Teaching children to respect themselves and others now should enable them to be successful, happy adults, who will make a meaningful contribution to their community.
- Children are taught the rules and principles of staying safe online: how to recognise risks, harmful content, unhealthy friendships and how to report/ block them, essential in our rapidly changing world of technology.

## Implementation:

At St Anne's Catholic Primary School, children are taught during weekly timetabled PSHE lessons. Teaching is taken from a long-term plan, which sets out the units to be covered by each year group, each half term. These units are followed from the TenTen Life to the Full programme alongside the RSHE document published by the Diocese of Hexham and Newcastle and whole school focusses. Long-term planning (overview) has been developed around these, which provide the children with up-to-date learning, relevant to their own lives in the modern world. 'Ten,Ten: Life to the full', is a scheme for use in Catholic schools, which aims to develop the Catholic ethos, encouraging children to treat others like Jesus would. It also helps pupils develop a deeper relationship with Jesus, which enables them to understand God's plan and live life to the full. Half- termly units ensuring coverage of the three core learning themes in PSHE: health and wellbeing, relationships and living in the wider world and also incorporates the RHE primary school expectations. The way our PSHE and RSHE curriculum combines provides a balance of the following overarching concepts:

- Identity
- Relationships
- A healthy, balanced lifestyle,
- Identification of risk and safety
- Diversity and equality
- Rights, responsibilities and consent
- Change and resilience
- Power
- Career

Our PSHE and RSHE curriculum is delivered in the following way:

- Children learn through a variety of activities, rather than just working in books- for example watching age-appropriate video clips (and the discussions concerning these), circle time, discussions, acting out scenarios, role-play, sorting activities, games and more.
- The curriculum also includes opportunities to link British Values, Spiritual, Moral, Social and Cultural (SMSC) and key knowledge, language and meanings in order to understand PSHE and to use across the wider curriculum.
- All work is recorded in a floor book per class and key themes are also displayed in school displays around the school also.
- Teachers use precise questioning in class to ensure all children are involved in learning and discussion and rules are shared at the beginning of each lesson, to ensure children enjoy the lessons, feel safe in discussions and will not be made fun of by other members of the class.
- Adaptation is achieved through different questioning, different versions of an activity and through different levels of support.
- Assessment is used to ensure that we are providing excellent provision for every child. Children are assessed at the beginning and end of each unit to enable teachers to see how much each pupil has learned. Both Discussion, participation and written activities will be used for assessment purposes, which is recorded half-termly.
- Teachers help children develop resilience and the self-confidence that they are capable of achieving good outcomes. They do this through positive role-modelling, praise, encouragement, good quality first teaching and through teaching strategies showing how to deal with certain situations.

- Parents have been informed of both the changes to and the content of the RSE programme of work through an on-line parental consultation and have been given the opportunity to respond. Further support and clarification will be given if required.

**Impact:**

To ensure that children at our school are equipped with knowledge and skills that will enable them to be ready for life as an adult in the wider world. We aim to equip children with skills that will allow them to grow into healthy and proactive members of society, who challenge stereotypes and break perceived barriers that are put in their way that stop them from reaching their true potential. We will make children aware of issues in our local community and ways in which they can support others. Children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.

**Date to be reviewed:**

**July 2023**