

**St Thomas
of Canterbury
Catholic Primary
School**



**Personal, Social, Health and
Economic Education Policy
2023 -2024**



SCHOOL MISSION STATEMENT



At St Thomas' we are learning to follow Jesus,
showing respect and consideration for ourselves
and others.

We all have the opportunity to learn and work to
the best of our ability in a safe and loving
environment.



Whole School Target



*In St Thomas' we do the right
thing because it's the right thing
to do.*

School Aims

At St Thomas of Canterbury Catholic Primary School, we believe that all pupils are entitled to a broad and balanced curriculum regardless of race, gender, religion or ability.

PSHE is a non-statutory subject within the National Curriculum. At St Thomas of Canterbury Catholic Primary School, we are committed to the development of the whole child and as a consequence, we place PSHE and Relationships and Sex Education (RSE) at the heart of all that we do.

This policy outlines the **Intent**, **Implementation** and **Impact** of how PSHE is taught at our school. The PSHE policy should be read in conjunction with the RSE policy.

The **Implementation** of this policy is the responsibility of all teaching staff.



Intention

The aim of St Thomas of Canterbury Primary School is to provide opportunities for children to develop as independent, confident and successful learners who know how to make a positive contribution to their community and wider society. We focus on developing children's moral, spiritual, social and cultural understanding, as well as actively promoting the British Values of democracy, the rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs to prepare our pupils for life in modern day Britain.

We use the Zones of Regulation with the aim of teaching children to understand their emotions and feelings, as well as to think about how to deal with these emotions and feelings.

Relationships and Sex Education is part of the Personal, Social, Health and Economic Education curriculum in our school, joint with our Religious Education curriculum. It is about understanding the importance of healthy relationships for family life, stable and loving relationships, respect, love and care. While we use our RSE curriculum to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions, as well as a way for children to understand the changes that will happen to them.



Implementation

At St Thomas of Canterbury, we implement our PSHE curriculum through the use of Life to the Full resource. This allows us to cover all the statutory requirements of RSE, based on the structure of the Model Primary RSE Curriculum from the Catholic Education Service. We supplement this with our own planning to cover elements of 'Living in the Wider World', such as: Digital Literacy and Media Resilience, Shared Responsibility, British Values, Money and Aspirations. Alongside this, we also ensure we cover important events throughout the year such as: Anti-Bullying Week, Black History Month, Online Safety, Children's Mental Health Week and Remembrance Day.

Based on Life to the Full, our PSHE curriculum is split into 3 main modules:

Module 1: Created and Love by God

The module explores the individual and is rooted in the teaching that we are made in the image and likeness of God. It helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.

To begin with, children will focus on a Bible story that communicates the key idea that we were created out of love and for love. Building on this, children are then taken through a variety of age-appropriate sessions which explore body and health issues.

In EYFS, pupils explore:	In Key Stage One, pupils explore:	In Lower Key Stage Two, pupils explore:	In Upper Key Stage Two, pupils explore:
<ul style="list-style-type: none"> - Our uniqueness in real terms - Celebrating difference and individual gifts, talents and abilities - Looking after and using our bodies (including vocabulary around this topic) - The necessity of when and how to say sorry in relationships - A basic exploration of Jesus's forgiveness and growing up as God's plan for us 	<ul style="list-style-type: none"> - That we are uniquely made by a loving God - That we have differences and similarities (including physical differences between boys and girls) - Key information about staying physically healthy, understanding feelings and emotions, including strong feelings such as anger 	<ul style="list-style-type: none"> - Understanding differences - Respecting our bodies - Strategies to support emotional wellbeing including practising thankfulness 	<ul style="list-style-type: none"> - Appreciation of physical and emotional differences - Body image - Strong emotional feelings - The impact of the internet and social media on emotional well-being (including teaching on pornography)

Module 2: Created to Love Others

This module explores how we take the calling we have created out of love and for love, into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe.

To begin with, children will focus on a key Gospel story which provides the religious foundation for the teaching that will follow. Children will deepen their understanding of the concept of sin and the importance of forgiveness in relationships. This understanding is then applied to real-world situations.

In EYFS, pupils will:	In Key Stage One, pupils:	In Lower Key Stage Two, pupils:	In Upper Key Stage Two, pupils:
<ul style="list-style-type: none"> - Expand their vocabulary by applying names to different family/friend relationships - Consider positive/negative behaviour in relationships and learn to look to Jesus as their role model for a good friend - Learn to resolve conflict and the importance of asking for forgiveness when necessary - Learn about practical ways to stay safe inside and out, including medicine safety and people who help us in emergencies 	<ul style="list-style-type: none"> - Are taught to identify 'special people' in their lives who they love and can trust - Learn how to cope with various social situations and dilemmas, and the importance of saying sorry and forgiveness within relationships - Explore the risks of being online Learn the difference between good and bad secrets - Learn to understand physical boundaries 	<ul style="list-style-type: none"> - Develop a more complex appreciation of different family structures - Learn about healthy relationships with family and friends, including simplified CBT techniques for managing thoughts, feelings and actions - Learn how to stay safe online and in real life - Explore themes of bullying and abuse through a series of animated stories 	<ul style="list-style-type: none"> - Learn strategies for more complex experiences of relationships and conflict - Identify and understand how to respond to spoken and unspoken pressure - About the concept of consent and some practical demonstrations of this - Receive further teaching on how our thoughts and feelings have an impact on how we act - Explore the risks of sharing and chatting online - A more complex understanding of different forms of abuse

Module 3: Created to Live in Community

This module explores the individual's relationship with the wider world. It explores how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working together for the Common Good.

Children will develop a concept of the Trinity and that we are made to love God and love others, and we are made to be loved by God and others. This extends not only to us, our families, our friends and our personal relationships, but also to the wider world.

This is applied through real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

In addition to this, the children also learn about:

- Laudato Si' - a letter written by Pope Francis addressed to every person on the planet, asking us all to protect the earth and our common home.
- Eyes of the World - Focus on climate change, how the poorest communities are the ones suffering the most, and the work that CAFOD does to help.
- Fratelli Tutti - a letter written by Pope Francis to everyone, asking us to reach out to our sisters and brothers in need, whoever they are, wherever they may come from. We are all challenged to think of ourselves as a single global family living in a common home, and neighbours to all.

British Values

To ensure we cover the statutory guidance published by the Government alongside British Values, we supplement our PSHE curriculum with the following:

Diversity	Shared Responsibilities	Communities	Prejudice
Media Literacy and Digital Resilience	Economic Well-Being: Aspirations, Work and Career	Economic Well-Being: Money	Democracy

Whole School Curriculum Themed Days

At St Thomas of Canterbury, we also ensure to cover the following important events within our PSHE curriculum:

- Black History Month
- Recycling Week
- Remembrance Day
- Anti-Bullying Week
- Children's Mental Health Week
- Internet Safety Week
- International Women's Day
- VE Day

RSE - Journey in Love

At St Thomas of Canterbury Primary School, our RSE scheme of work is based on the guidance provided by the Diocese of Brentwood Education Service. At the core of RSE is the belief that: 'Every child is created in the image of God and loved by God'. RSE is taught following the advice given from Brentwood Diocese and is taught using the scheme 'A Journey in Love'. This scheme focuses on the Education, Physical and Spiritual side of RSE

and is taught over one half term, with weekly lessons. For further information about our RSE curriculum, please refer to the RSE policy.



Impact

We have many areas of PSHE that occur in our school regular. These include (but are not limited to): weekly PSHE lessons, exposing children to a wide range of literature and asking them to see things from different perspectives, key stage assemblies, student council, etc. We are confident our children are developing their PSHE skills both in and our lessons at every possibly opportunity.

Our Life to the Full scheme also offers us the opportunity to evaluate children's understanding, firstly through a baseline assessment and then through the evaluation of each topic. This then allows teachers to confident assess the children using Target Tracker.

Updated October 2023