



**St Monica's Catholic Primary School**  
...a small school where big things happen...



# **PSHE , RSE and Citizenship Policy**

|                                    |            |
|------------------------------------|------------|
| Policy Reviewed:                   | March 2025 |
| Policy approved by Governing Body: | April 2025 |
| Review Cycle:                      | 2-yearly   |
| Date of Next Review:               | March 2027 |

### **Policy addendum:**

\*The following changes below were made to this Policy since the last governor approval in 2022:

- a. Changes made to page 5 and 6 to include school values and assemblies that have been taking place.
- b.
- c.

*\*Delete as appropriate*

**Signed:**

**Designation**

**Date**

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PSHE, SEAL and Behavioural lead

26/3/25

The UN Convention on the Rights of the Child – Article 29 (Goals of Education as summarised by UNICEF)

*Children's education should develop each child's personality, talents and abilities to the fullest. It should encourage children to respect others, human rights and their own and other cultures. It should also help them learn to live peacefully, protect the environment and respect other people.*

## **INTRODUCTION**

At St Monica's RC Primary School, we see Personal, Social, Health and Economic Education (PSHE) as being at the center of all that we do. Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. The promotion of pupils' personal development (which includes their social development) is a fundamental aspect of education and underpins all other learning. Through our Catholic ethos, school's values, vision and mission as well as through our school environment we promote pupils' self-esteem and emotional well-being and help them to form and maintain worthwhile and satisfying relationships, based on respect for themselves and for others, at home, at school, at work and in the community.

### **Provision**

PSHE in our school will follow the Framework for PSHE, given in the National Curriculum 2014 and the statutory guidance for Relationship and Sex Education and Health Education, taken into effect from September 2020. The PSHE framework will be delivered through a variety of teaching strategies but will mainly focus on using the SEAL themes and guidance materials. Statutory Relationship and Sex Education and Health Education will be taught, where appropriate and necessary through, Relationship and Sex Education and Health Education lessons. All aspect of PSHE education will be taught through cross curricular links, collective worship, school PSHE and Citizenship activities and school events, the School Council and providing links with parents and members of the outside community. Our strong Catholic Ethos and Beatitudes of Jesus Christ and importance of love and respect towards each other supports developing tolerance. This policy has clear links with other school policies aimed at promoting pupil's Spiritual, Moral, Social and Cultural (SMSC) development including our Religious Education Policy, Behaviour Policy, Well-being policy, Anti-Bullying and Sex and Relationships Policy.

### **What is PSHE and citizenship?**

Personal, Social, Health, Economic and Citizenship education are a planned part of the curriculum that is also reflected in whole school activities and experiences. PSHE and Citizenship is not a statutory subject although there are elements that are statutory in national curriculum science, such as drug, alcohol and tobacco education and sex and Relationship and Sex Education in Science. In September 2020, Relationship and Sex Education and Health Education became statutory to teach. St Monica's follows guidance given from the Department of Education and will continue to be taught in a cross-curricular way and where necessary and appropriate, more explicitly.

### **PSHE**

PSHE gives children knowledge, understanding, and skills and helps them explore and develop attitudes and values to live healthy, safe, fulfilled and responsible lives. It helps them manage feelings, learn about how to be healthy and safe and understand about relationships.

### Citizenship

Citizenship education gives children knowledge, understanding and skills and helps them explore and develop attitudes and values to become informed, active and responsible citizens. It helps them develop political literacy and explore social and moral issues and to make a positive contribution to their local, national and global communities.

### PSHE Association

The PSHE programme of study is used at St-Monica's primary school to ensure teachers can highlight cross curricular links.

### Statutory Relationship and Sex Education

#### TEN TEN

The teaching of Relationship and Sex Education will continue to teach TEN TEN's "Life to the Full" teaching and learning resource, a Catholic RSE programme.

TEN TEN is a family-run, non-profit-making Catholic organization providing a variety of resources to both primary and secondary schools. Their very name comes from the Scripture passage John 10:10, "I have come that they may have life, life to the full."

#### "Life to the Full" Programme

The TEN TEN "Life to the Full" resource will provide teachers with lesson plans to ensure they teach the statutory requirements of Relationship and Sex Education whilst being rooted in the 'teaching and wisdom of the Catholic Church, guided by Catechism;'

#### Social and Emotional Aspects of Learning (SEAL)

SEAL covers the personal and social aspects of PSHE, but it does not cover all of PSHE and Citizenship. In particular, it does not cover drug and alcohol education, health education or Relationship and Sex Education.

SEAL themes:

- New Beginnings
- Getting on and Falling out
- Going for Goals
- Good to be me
- Relationships
- Changes

This reflects the nature of British values in:

- democracy
- rule of law
- individual liberty
- mutual respect and tolerance of those of different faiths and belief

PSHE and Citizenship Education makes a major contribution to Every Child Matters (ECM) five outcomes for children:

- be healthy
- stay safe

- enjoy and achieve
- make a positive contribution
- achieve economic well being

It also contributes to the school's statutory responsibilities to:

- promote children and young people's wellbeing
- promote community cohesion

## **The Framework for PSHE**

### Early Years Foundation Stage

The EYFS uses the framework of Development Matters in the Early Years Foundation Stage. PSHE Education and SEAL themes are taught through these seven areas:

- Personal, Social and Emotional Development
- Physical Development
- Communication and Language
- Literacy
- Mathematics
- Understanding of the World
- Expressive Arts and Design

### Key Stage One and Key Stage Two

The three core themes (overlapping) for KS1 and KS2 are:

- Health and Well Being
- Relationships
- Living in the Wider World

### Teaching of PSHE and Citizenship at St

Monica's Children will be taught through:

- Discreet curriculum time
- Cross-curricular activities
- Through PSHE and Citizenship activities and school events
- A combination of all of these

Inspiring children to be leaders through electing:

- Head Boy and Head Girl
- School Prefects
- Peace and Justice
- Junior Road Safety officers
- Dinner monitors
- Playground Buddies
- School Council
- Friendship Fixers
- Eco-Councillors

#### Whole School Strategies:

- Use of SEAL Themes every half term along with the school's values 'EMBRACE'
- Assemblies and Collective Worship
- Being a Catholic School with a strong vision and Religious Education Curriculum
- Everyday interactions with pupils
- Using role play and imagination to discuss different themes
- Following Behaviour, Wellbeing, SRE, Anti-Bullying policies
- School events e.g. Christmas events, Art day, Sports day, UK Parliament and Anti-Bullying week, Growth Mindset and Aspirations week, Black History Month, International Evening, Online Safety week
- Use of Classroom Dojo system
- Physical Education and Daily Mile
- Supporting charities e.g. CAFOD, Harvest Festival
- Individual Assemblies - focusing on No Outsiders: Everyone Different, Everyone Welcome, British Values

#### Cross Curricular Special Opportunities and Events:

- Topic work
- School trips/visits and visitors to school
- Magic Breakfast, After School Club and School Enrichment Clubs
- Playground games and equipment
- Residential School Journey
- Visits to the Houses of Parliament and Hackney Town Hall to promote British Values
- Discreet Curriculum Citizenship.
- Teaching a healthy and safer lifestyle in Science and Physical Education
- Drug Education
- Sex and Relationship and Sex Education Week

#### Assessment, Recording and Reporting:

##### Statutory Relationship and Sex Education and Health Education

- As a whole school we will be collecting samples of work from PSHE activities taught in class, especially in relation to the statutory teaching and learning of Relationship and Sex Education and Health Education.
- Samples will be collected and stored in the children's topic books.
- Regular book scrutiny throughout the year.

There is no statutory requirement for assessing PSHE and Citizenship, however pupils do need regular feedback on their progress and achievements and understand how they can improve.

##### In PSHE and Citizenship education at St Monica's there are two broad areas for assessment:

- Children's knowledge and understanding, for example, information on health, understanding of rules, understanding of health and safety procedures, and the meaning of ideas including democracy.

- How well children can use their knowledge and understanding in developing skills and attitudes, for example through participating in discussions, group tasks and activities, managing conflict, making decisions and promoting positive

relationships.

### Roles and Responsibilities

The PSHE Coordinator has the following responsibilities:

- To ensure that resources used are relevant and appropriate to the needs of the children.
- To lead on the evaluation of the PSHE policy and programme.
- To ensure that staff have the necessary skills, confidence, knowledge, and resources in order to deliver effective PSHE.

Teachers have the following responsibilities:

- To ensure that they, or anyone working in their classroom, deliver/support PSHE, are doing so in line with the schools PSHE policy, and other relevant school policies.
- To contribute to the evaluation of the programme.
- Assessing children's progress against the agreed learning outcomes.
- Communicating with parents when appropriate/necessary.

### Ground Rules

When introducing personal and sensitive issues staff create a safe atmosphere to enable pupils to ask the questions and discuss issues without feeling embarrassed or being disruptive. Ground rules also ensure professional boundaries so that staff and pupils do not disclose personal and private information. Here are some examples - the important part is discussing them with pupils and getting their contributions.

- We listen when anyone else is speaking
- We signal if we want to speak
- We speak positively to each other
- We do not name anyone and say negative things to them
- We respect all our different ideas
- We do not gossip about what has been said in class (confidentiality)
- We do not ask personal or private questions

### Useful strategies

- Teachers and other adults to remain neutral and set ground rules
- Agree acceptable language e.g. when teaching SRE and drug education
- Use distancing techniques to de-personalise sensitive topics eg give advice to someone else rather than say what you would have done
- Use a variety of groupings; pair work and small groups as well as whole class
- Find out what pupils know about a topic and want to learn
- Involve pupils in evaluating the topic
- Give a balance of views on an issue and avoid bias
- Enable pupils to recognise the difference between opinions and beliefs and facts