



# PSHCE

## School Mission Statement

St. Michael & St. Martin school follows the teaching of the Catholic Church, in its daily life through celebration of the Liturgy and through following the values taught in the Gospel of Jesus, by:

- Learning our faith.
- Living our faith.
- Loving our faith.

Thus the school recognises the dignity of every human person because s/he is a child of God, while fostering awareness of the world's poor. Equality of opportunity for every person is therefore paramount and precludes all forms of discrimination on grounds of colour, gender, race, social class or ability.

The school aims to nurture the spiritual, intellectual and physical growth of each pupil through a holistic approach, which takes due note of the needs of every child while, at the same time, striving for excellence in all aspects of education in a secure environment.

## **PSHCE Policy February 2024**

Our school vision and ethos is strongly supported through, and embedded in, the delivery of our PSHCE whole-school approach to the curriculum. At our school we are committed to ensuring that the emotional and social needs of all our children are met within our school environment, and we support the development of children's health and wellbeing, self-esteem and confidence.

As part of providing a broad and balanced PSHCE curriculum, we are able to nurture and support the spiritual, moral, social and cultural (SMSC) development in young children and promote the fundamental British values in young lives. We support children to develop the knowledge, skills and understanding they need to lead confident, healthy and independent lives, and become responsible citizens. We recognise that our school vision is crucial to this learning and should be at the heart of whole-school development.

The Every Child Matters guidance (2004) states two broad aims for the school curriculum;

*“To provide opportunities for all pupils to learn and achieve. To promote children's spiritual, moral, social and cultural development and prepare all pupils for the opportunities, responsibilities and experiences of life.”*

### **General Aims**

- To ensure that everyone connected with the school is aware of our values and principles.
- To ensure a consistent approach to the delivery of SMSC issues through the curriculum and the general life of the school.
- To ensure that a pupil's education is set within a context that is meaningful and appropriate to their age, aptitude and background.
- To ensure that pupils know what is expected of them and why.
- To give each pupil a range of opportunities to reflect upon and discuss their beliefs, feelings and responses to personal experience.
- To enable pupils to develop an understanding of their individual and group identity.
- To enable pupils to begin to develop an understanding of their social and cultural environment and an appreciation of the many cultures that now enrich our society.
- To give each pupil the opportunity to explore social and moral issues, and develop a sense of social and moral responsibility.
- Enable students to develop their self-knowledge, self-esteem and self-confidence.

- Enable students to distinguish right from wrong and to respect the civil and criminal law of England.
- Encourage students to accept responsibility for their behaviour, show initiative and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely.
- Enable students to acquire a broad general knowledge and respect for public institutions and services in England.
- Further tolerance and harmony between different cultural traditions enabling students to acquire an appreciation of and a respect for their own cultures.
- Encourage respect for other people and encourage respect for democracy and support for participation in the democratic processes including respect for the basis on which the law is made and applied in England.

### **What is PSHCE?**

PSHCE encompasses all areas designed to promote children's personal, social and health development. It gives children the knowledge, skills and understanding that they need to stay healthy and safe, develop worthwhile relationships, respect differences, develop independence and responsibility, and make the most of their own abilities and those of others. It is very closely linked with Every Child Matters, SMSC and encompasses our work within ELSA and National Healthy Schools Status.

### **What is Citizenship education within PSHCE?**

There are 3 interrelated strands in the framework: -

- Social and moral responsibility
- Community involvement
- Political literacy

These should be taught to prepare children to play an active role as members of a democratic society, to develop independence and responsibility, and to make informed choices about their own lifestyle.

### **ELSA**

ELSA will help children to develop self-awareness, motivation, social skills and managing their feelings. These skills will help our children to become better learners, respond/interact with other people and be responsible citizens. They are an integral, key part of every area of life.

Our ethos and PSHCE curriculum ensure that we meet the 5 strands of Every Child Matters which states that every child has the right to: Be Healthy, Stay Safe, Enjoy and Achieve, Make a Positive Contribution, and Achieve Economic Well-being.

### **Aims of PSHCE at St Michael and St Martin Primary School**

Our school mission statement reflects what we hope to achieve in PSHCE. We want our children to develop self-awareness, positive self-esteem and confidence, enabling them to:

- Stay as healthy as possible
- Keep themselves and others safe
- Have worthwhile and fulfilling relationships
- Respect the differences between people
- Develop independence and responsibility
- Play an active role as members of a democratic society
- Make the most of their own abilities and those of others
- Behave in a socially and morally acceptable way including towards authority and each other
- To become involved in the life of their community
- To know about democracy and how to be an active citizens
- To know about economic wellbeing.

We want our children to: -

- Value the achievements they make, and the achievements of others
- Make informed choices about dealing with risks and meeting challenges now and in the future.
- Decide on values by which they want to live their lives.

Our school curriculum and ethos promotes spiritual, moral, social and cultural development and prepares all pupils for the opportunities and responsibilities within their lives.

### **Aims of SMSC at St Michael and St Martin Primary School**

#### **Spiritual Development**

As a school we aim to provide learning opportunities that will enable pupils to:

- Sustain their self-esteem in their learning experience.
- Develop their capacity for critical and independent thought.
- Foster their emotional life and express their feelings.

- Experience moments of stillness and reflection.
- Discuss their beliefs, feelings, values and responses to personal experiences.
- Form and maintain worthwhile and satisfying relationships.
- Reflect on, consider and celebrate the wonders and mysteries of God's creation.

### Moral development

As a school we aim to provide learning opportunities that will enable pupils to:

- Recognise the unique value of each individual as a child of God.
- Recognise the challenge of Jesus' teaching.
- Listen and respond appropriately to the views of others.
- Gain the confidence to cope with setbacks and learn from mistakes.
- Take initiative and act responsibly with consideration for others.
- Distinguish between right and wrong.
- Show respect for the environment.
- Make informed and independent judgments

### Social Development

As a school we aim to promote opportunities that will enable pupils to:

- Develop an understanding of their individual and group identity.
- Learn about service in the school and wider community.
- Begin to understand the Christian imperative for social justice and a concern for the disadvantaged.

### Cultural Development

As a school we aim to promote opportunities that will enable pupils to:

- Recognise the value and richness of cultural diversity in Britain, and how these influence individuals and society.
- Develop and deepen their Catholic faith whilst exploring alternative world faiths.
- Develop an understanding of their social and cultural environment.

### Zones of Regulation

Since the Coronavirus pandemic, we have adopted the Zones of Regulation framework. This framework helps to teach regulation strategies for managing sensory needs and emotions to pupils. It aids pupils in identifying and consequently managing their feelings, thus returning to a healthier place. There are four colours to help pupils identify their current feeling on basis of their level of

alertness, emotions, mental health and energy. This strategy is implemented from EYFS through to Year 6.

### **Curriculum content**

PSHCE will be taught in accordance with the principles set down in other relevant school's policies such as *Equal Opportunities* and *Inclusion*. The school will use the Ten Ten Resource 'Life to the Full' to deliver the PSHCE curriculum content within the context of a Christian understanding.

**Life to the Full** is a fully resourced Scheme of Work for Catholic primary schools which embraces and fulfils the new statutory curriculum. Taught with a spiral approach to learning, in which pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional wellbeing, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world. The entire teaching is underpinned with a religious understanding that our deepest identity is as a child of God - created chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Our 'Life to the Full' programme will cover:

#### **Module 1: Created and Loved by God**

- Religious Understanding
- Me, my body, my health
- Emotional well-being
- Life cycles

#### **Module 2: Created to Love Others**

- Religious Understanding
- Personal Relationships
- Keeping Safe

#### **Module 3: Created to Live in Community**

- Religious Understanding
- Living in the Wider World

### **Teaching and Organisation**

Development in SMSC will take place across all curriculum areas, within activities that encourage pupils to recognise the spiritual dimension of their learning, reflect on the significance of what they are learning, and to recognise any challenges that there may be to their own attitude and lifestyle.

A range of teaching strategies will be used as appropriate, including:

Circle time, role-play, discussion – whole class, small group, 1:1, visitors e.g. PC , Fire Brigade, School Health Advisor etc., stories e.g. exploring behaviour of characters, creative activities, and pupil initiated activities.

There are opportunities to share achievements during collective worship e.g. stories and discussion, STRIVE Assembly. The whole school ethos promotes our work in PSHCE, as set out in our Mission Statement and home-school agreement. In the Foundation Stage, it is taught throughout the whole curriculum and in circle time sessions.

All children are encouraged to share their thoughts and feelings with one-another and any worries are quickly addressed by all members of staff to create a conducive, caring environment where children are happy and feelings are respected. In KS1 classes, Bubble Time has been implemented as a way of allowing children to identify their need to discuss a worry or concern with a trusted adult. In KS2 classes, a Worry Box has been set up as a means of communicating worries or concerns in written form with the class teacher; to be addressed during circle time. Both are checked and addressed on a daily basis, as necessary.

All curriculum areas should seek illustrations and examples drawn from as wide a range of cultural contexts as possible.

Class, group and individual discussions will give pupils opportunities to:

- Talk about personal experiences and feelings.
- Express and clarify their own ideas and beliefs.
- Speak about difficult events, eg bullying, death etc.
- Share thoughts and feelings with other people.
- Explore relationships with friends/family/others.
- Consider others' needs and behaviour.
- Show empathy.
- Develop self-esteem and a respect for others.
- Develop a sense of belonging.
- Develop the skills and attitudes that enable pupils to develop socially, morally, spiritually and culturally — e.g. empathy, respect, open mindedness, sensitivity and critical awareness

Many curriculum areas provide opportunities to:

- Listen and talk to each other.
- Learn an awareness of treating all as equals.
- Agree and disagree.
- Take turns and share equipment.
- Work cooperatively and collaboratively.

## **Themed Weeks**

Each year we hold several focus weeks where PSHCE is a focus, these weeks are:

- Healthy Eating Week
- Anti-Bullying Week
- Learning to Respect Week

During these themed weeks, children are given the opportunity to take part in a range of inclusive activities which enable them to develop their knowledge and understanding in relation to the PSHCE framework. When possible, outside agencies are invited to our school to enrich the children's' learning experience.

## **Assessment**

Children's understanding, knowledge and skills are assessed through reflection, observation, discussion and questioning and participation in groups. Children will be involved in self-assessment e.g. talking about their own experiences, in special assemblies celebrating achievement.

Children will be rewarded in line with school policy e.g. house points for good behaviour (for a weekly extra play), stickers and certificates in Achievement Assembly. A new reward for children displaying good manners and being Christian role-models has recently been introduced and will praise those individuals on a monthly basis.

Teachers will be able to discuss progress made by their pupils. General comments about PSHCE will be included in annual reports to parents, and children will write their own comments about how they feel they have done.

## **Monitoring and Evaluation**

Regular learning walks, planning and samples of work, including photographs and questioning of children, will be collected by the PSHCE team on a regular basis. Children will also be asked to complete questionnaires to monitor the impact of whole-school initiatives.

Foundation Stage pupils will be assessed in line with baseline assessments and Foundation Stage Profiles.

When budget allows, staff will attend courses etc. to keep up-to-date with developments. The PSHCE lead will pass on to staff any further information as it becomes available and will attend any future training courses for this subject, disseminating information as appropriate.

## **Parental and Community Involvement**

Parents are invited to join in events in school, including class assemblies and workshops on relevant themes. Parents are regularly informed of events and development in newsletters and the website.

Working with parents is a vital part of the whole school approach to PSHCE. Aspects of it are included in our home – school agreement.

There will also be links with local businesses and councillors, as part of the work in Citizenship. We all work closely with the local church, we involve outside agencies e.g. School Health Advisors, School Police Liaison Officer, Dental Health Advisors etc., as much as possible to deliver aspects of the curriculum. These are highlighted in our scheme of work for PSHCE.

The school believes that partnership with parents and the community enables us to receive specialist support and information to plan the best possible PSHCE curriculum for our children.

## **Links with the wider community**

Visitors are warmly welcomed into our school.

Links with the Church are fostered through strong links with our local parish and the Diocese of Westminster.

Pupils will be taught to appreciate their local environment and to develop a sense of responsibility to it.

## **Equal Opportunities**

Provision for PSHCE is in line with all our policies and Every Child Matters Guidance. All children have equal access to the PSHCE and curriculum and development appropriate materials. Delivery will be differentiated appropriately. Resources etc., are sensitive to the needs and backgrounds of the children and will not reflect gender or cultural stereotypes, and are monitored annually to ensure that sensitivity.

## **STRIVE**

PSHCE is embedded in our STRIVE Values:

**Spiritual-** As a Catholic Primary school, the children are immersed in Religious education and live out the Christian values. Children get the opportunity to explore their faith while also learning about other faiths each term. This allows

the children to grow up with a better understanding of our society, building a more understanding and welcoming place for all.

**Thinkers-** Throughout our PSHCE lessons, children are given time to think and reflect on their own lives. These lessons provide the opportunity to discuss and explore their own emotions.

**Resilient-** As a school, we encourage all our children to be resilient. We encourage children to make mistakes and to have opportunities to F.A.I.L - First Attempt In Learning.

**Independent-** PSHCE lessons encourage the children to think for themselves, to be proud of who they are as they are all made in the image and likeness of God.

**Valued-** As we delve deeper into our PSHCE lessons, we explore many different scenarios in school and wider society. This allows children to know they are in a loving and caring environment where everyone is valued.

**Empathetic-** Exploring different areas of the PSHCE curriculum and revisiting topics over their journey in primary school, children are enabled to deepen relationships

Agreed and Approved by Governing Body :

**Date : 06.03.24**

Review Date : March 2027

Person Responsible : Nicola Duggan / Sabina Bell