



St Mary's CE Primary School



PSHE Policy

2025-2026

*'... there is something **extraordinary** and **wondrous** in everybody as **unique creations of God**. We **value** all our children as **children of God** and **celebrate difference** and **diversity** within a **safe, encouraging** Christian school environment in which all **flourish**.*

Therefore, all will aspire with God's strength to reach for the stars.

*"I can do all things through him who **strengthens** me."*

Philippians 4:13

Introduction

Personal, Social and Health Education (PSHE), along with Citizenship is concerned with providing pupils with the knowledge, skills and understanding to play an effective role in society at local, national and international levels. It helps children to become informed, thoughtful and responsible individuals who are aware of their duties and rights. It also promotes their spiritual, personal, moral, social and cultural development, which enables them to play an active and healthy part in the life of our school, their community and the world.

The aims of this policy are:

- To develop self-confidence
- To promote good relationships and respect for others with an understanding of differences between people and their view points
- To provide opportunities to share and explore life experiences / emotions / difficulties in groupings beyond the family
- To equip our pupils with the knowledge about the world in which we live
- To foster a positive attitude to life-long learning
- To encourage personal reflection about beliefs, choices and values
- To make informed choices regarding personal and social issues
- To learn to play an active role as citizens
- To develop healthy and safe lifestyles
- To provide opportunities, responsibilities and experiences that will prepare pupils for the adult world

Teaching and Learning

This subject will be taught mainly through discussion, debate, circle time and, where appropriate, first hand experiences including inviting visitors and other agencies into school. School provides experiences that will have maximum impact on learning through developing confidence, encouraging an active role and developing good, respectful relationships. Teaching methods are designed to encourage sharing ideas as part of a group and listening and respecting the view of others.

The Curriculum

The PSHE Co-ordinator has the responsibility for promoting and developing PHSE across the school within the school's Development Plan, monitoring the effectiveness of teaching and learning and the use of resources. PHSE will be taught using the Jigsaw website and resources in key stages. The four school values of Love, Respect, Endeavour and Pride will be taught through PSHE. PSHE permeates throughout the whole curriculum and any issues will be dealt with as they arise. Changes to the curriculum will be addressed during the academic year 2025-2026, shared with the school community and strategies implemented to adapt the curriculum which will meet the updated requirements. These will include new and emerging issues, personal safety, helping pupils to understand their bodies and mental health matters; while maintaining safe positive practice.

Teaching assistants deliver the PSHE / Citizenship lessons in a sensitive and confidential manner. Children's questions are answered as honestly and fully as appropriate. All adults in school are responsible for informing teachers about any concerns regarding the personal and social development of pupils. If a child refers to anything which gives a cause for concern (e.g. sexual abuse, illegal substance use etc) then such matter cannot remain confidential, staff will report such incidents to the Designated Safeguarding Officer, who will decide whether the matter should be dealt with as a child protection issue.

Commencing September 2025, Implementation of the No Outsiders initiative through class worship each half term, will support the delivery of quality PSHE using age-appropriate books to teach children about diversity, the Equality Act 2010, and the importance of inclusion, respect, and community cohesion.

The role of parents and carers

The personal, social and health education of our pupils is a shared responsibility with parents and/or carers. We acknowledge that we need to communicate any concerns over the personal and social development of pupils to parents and/or carers.

Substantive and disciplinary knowledge in PSHE

Substantive knowledge in PSHE is threaded throughout;

- Me and my relationships (types of relationships and changes of bodies),
- Me and my future (managing money),

- My healthy lifestyle,
- Keeping myself safe,
- Becoming an active citizen.

Disciplinary knowledge in PSHE is the interpretation of themselves and how to support themselves and others through changes. They will have opportunities to make their own choices about how to do something and will be able to evaluate what they have learnt and tried and how to improve for their future.