



St Thomas More PSHCE Policy

INTRODUCTION

At St Thomas More RC Primary School, we believe that personal, social, health and economic (PSHE) education enables 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. PSHE is at the heart of our school and central to all areas of the curriculum both taught and hidden.

At St. Thomas More School we take very seriously the responsibility that schools have through the **National Curriculum** (2013) to provide a broad and balanced curriculum which:-

- Promotes the spiritual, moral, cultural, mental, emotional, social and physical development of pupils at the school and in society.
- Prepares pupils for the opportunities, responsibilities and experiences of adult life.
- Acknowledges and informs pupils about their rights as children and their responsibility for the rights of other under the United National Convention on the Rights of the Child. (National Curriculum 2013 sections 2.1, 2.5)

We also recognise the role that PSHE has in helping to ensure the safeguarding of all our children. In line with **Keeping Children Safe in Education** our children are taught about safeguarding, including online safety, in discrete PSHE lessons, assemblies and as part of our broad and balanced curriculum. (Keeping Children Safe in Education 2016 part 2, 68)

DEFINITION

PSHE is concerned with the total well-being and safeguarding of the individual taking into consideration:

- Mental, emotional and physical well-being.
- The responsibility of the individual towards others and the environment.
- The education and understanding of the mental, physical, emotional, spiritual, environmental, cultural and social influences that shape the community and the interactions of individuals within it.
- An holistic model of personal and social development which encourages the making of health choices.

Within PSHE we recognise:-

- **Health Education** involves engaging the children in activities that promote their physical well-being and encouraging an adventurous approach to exercise, daily living, fresh air and exploration both in and out of school. In order to support this we take part in the Change4Life programme.
- **Citizenship** involves encouraging children to take a responsible role in society. It includes developing the children's awareness of their personal safety and the processes by which they can seek help and information as well as learning the behaviour expected of them as members of society. Having an Eco and School Council supports this learning as well as being a Fairtrade School.
- **Drugs Education** involves educating the children in the safe handling of medicinal drugs as well as the consequences of misusing substances such as alcohol, tobacco and recreational drugs. See Policy on Drug Education and Drug Incidents.
- **Sex and Relationships Education** is taught as part of our Religious Education programme with a view to encouraging children to respond to the gift of being created male and female, with pride, and a commitment to follow God's plan for life and love. See Policy on Sex and Relationships Education.
- **Emotional Literacy** involves equipping children with the environment and language to help them express their feelings as they interact with others and the world around them.
- **British Values** involves helping children to understand the core values which are central to our society in this country

MANAGEMENT

There is a designated PSHE Coordinator to oversee the planning in the school. The coordinator will be responsible for informing the rest of the staff about new developments and, where appropriate, for organising and providing appropriate training. The coordinator will advise colleagues on resources to aid planning and to use in the classrooms including visits and visitors. A central resource area will be developed, maintained and reviewed annually and all teachers will be provided with a class PSHE folder giving easy access to core resources. The coordinator will monitor the curriculum and will report to the Principal annually on progress with regard to the school's development plan. The coordinator will, where possible, attend Partnership and Network meetings and ensure they remain up to date with local and national initiatives. The co-ordinator will keep staff informed of developments.

TEACHING AND LEARNING

We teach PSHE discretely where appropriate but find ways to include it in the teaching of other subjects too and in particular there is a large overlap with our Religious Education.

Our school teaches PSHE by focussing on a range of areas (see appendix A: Long Term PSHE Plan)

- Growth Mindset
- Gospel Virtues
- British Values
- Physical Activity and Diet for Health (Change 4 Life)
- Internet Safety
- Drugs Education
- Sustainability
- Road Safety and General Risk
- Sex and Relationships Education
- Economic Education

The **Growth Mindset** approach helps equip our children as learners and people who value others in all they do. We have 6 key goals we work towards in PSHCE, assemblies and whole school rewards:

- I know I can grow my brain. I want to stretch and grow my brain.
- I set myself challenging goals and plan to achieve them. I challenge myself.
- I know that feedback helps improve my work. I can give useful feedback to others.
- I can learn from my mistakes. I know that 'failure is the key to success'.
- I remember the word 'yet' when I struggle with my learning. I am a learning warrior.
- I am proud of my achievements and efforts and those of others.

Gospel Virtues will also form a central role in the life of the school and the PSHCE curriculum where a different pair of virtues is looked at each term. They are linked to a bible reference so the children can see where the virtues come from. A cycle of virtues has been produced to ensure appropriate coverage (See Appendix B).

The **British Values** of democracy, rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs are embedded into the ethos of our school and taught on a rolling programme through the year as part of PSHE and assemblies. (See Teaching British Values at St Thomas More Statement)

Through our **School and Eco Council** we encourage our children to take part in activities which promote active citizenship such as fundraising, lunchtime jobs, and the opportunity to make choices which impact the school.

As a **Fairtrade School** we help children to focus both on citizenship and sustainability and give them an active opportunity to take part through our Fairtrade Healthy Snacks stall.

We seek to **promote a healthy lifestyle** and through **Change4Life** all children take part in sessions focusing on promoting health for life. Two sessions are in school exploring issues around diet and exercise and the other two are offsite at an outdoor education centre taking part in activities such as orienteering. We also promote healthy eating through our cooked lunches and the provision of fruit and milk for our under 5s, active after school clubs and walk to school week.

Activities will be planned according to the different levels of children's skills and previous knowledge. A range of teaching strategies and learning styles will be used in the delivery of this policy. These will include:-

- circle time and class discussion,
- imaginative writing
- reflection, sharing and showing
- role play and drama
- the use of DVD and ICT
- visits and visitors where appropriate (eg health worker, firefighters, police, community representatives)
- class lesson time
- peer education
- structured group work
- play and games

Differentiation and progression will be ensured by a variety of approaches including:

- the same activity but different expectations of outcome
- the same theme but different levels of input
- allowing for different pace of working
- different groupings of children
- developing different modules of work at different times of the year for different abilities

We use a range of resources which include the locally produced **Smile Again** framework, the diocese sex education programme and Change4Life resources. Teachers have access and information about all of these in the class PSHE folder.

THE FOUNDATION STAGE

PSHCE in the Foundation Stage comes under the umbrella of Personal, Social and Emotional Development in the EYFS framework; one of the seven areas of learning. Successful personal, social and emotional development is critical for very young children in all aspects of their lives and gives them the best opportunity for success in all areas of learning.

This area of learning is about emotional well-being, knowing who you are and where you fit in and feeling good about yourself. It is also about developing respect for others, social competence and a positive disposition to learn.

At St. Thomas More, much of children's Personal, Social and Emotional development is done continuously through talking and interacting with children. However, all children in the Foundation Stage take part in circle time sessions and Reception children follow regular PSHE lessons where appropriate.

In Foundation Stage, the growth mindset goals are linked to characteristics of effective learning by using Cbeebies characters to reinforce positive learning attitudes.

ASSESSMENT

The assessment of PSHE will take place in all curriculum areas through ongoing observations and class records are kept recording progress in PSHE using the school system for foundation subjects. This is updated termly.

EQUAL OPPORTUNITIES

PSHCE follows the Equal Opportunities Policy.

POLICIES LINKED TO THIS POLICY

Safeguarding Policy;	Equal Opportunities Policy;
Religious Education Policy;	Sex and Relationships Policy;
Drugs Education Policy;	Behaviour Policy

Designated Teacher: Helen Skertchly

Date agreed by staff: 21.11.17

Date agreed with Governing Body: 21.11.17

Signed on behalf of the Governing Body: Mrs Nickie Rogan

Date of Review:

Appendix A

PSHE Long Term Plan Updated September 2017

<p>PSHE Autumn Terms 1&2</p>	<p>GROWTH MINDSET</p> <p>GOSPEL VIRTUES : Autumn 1 2017: Eloquent & Truthful Autumn 1 2018: Compassionate & Loving Autumn 2 2017: Learned & Wise Autumn 2 2018: Faith-filled & Hopeful</p> <p>BRITISH VALUES: Autumn 1: Rule of Law Autumn 2: Individual Liberty</p> <p>SAFEGUARDING: DRUGS EDUCATION (Smile Again)</p> <p>SAFEGUARDING: INTERNET SAFETY</p> <p>PHYSICAL ACTIVITY & DIET FOR HEALTHY LIFESTYLE: All children Y1-Y6 will take part in 4 sessions of Change 4 Life each year</p>
<p>PSHE Spring Terms 3&4</p>	<p>GROWTH MINDSET</p> <p>GOSPEL VIRTUES: Spring 1 2018: Curious & Active Spring 1 2019: Eloquent & Truthful Spring 2 2018 Intentional & Prophetic Spring 2 2019: Learned & Wise</p> <p>BRITISH VALUES: Spring 1: Mutual Respect Spring 2: Tolerance of those with different faiths & beliefs</p> <p>SUSTAINABILITY</p> <p>SAFEGUARDING: INTERNET SAFETY ON SAFER INTERNET DAY</p> <p>PHYSICAL ACTIVITY & DIET FOR HEALTHY LIFESTYLE: All children Y1-Y6 will take part in 4 sessions of Change 4 Life each year</p>
<p>PSHE Summer Terms 5&6</p>	<p>GROWTH MINDSET</p> <p>GOSPEL VIRTUES: Summer 1 2018: Grateful & Generous Summer 1 2019: Curious & Active Summer 2 2018: Attentive & Discerning Summer 2 2019: Intentional & Prophetic</p> <p>BRITISH VALUES: Summer 1: Democracy Summer 2: Recap all British Values</p> <p>SEX & RELATIONSHIPS EDUCATION (Smile Again)</p> <p>SAFEGUARDING: ROAD SAFETY & GENERAL RISK</p> <p>PHYSICAL ACTIVITY & DIET FOR HEALTHY LIFESTYLE: All children Y1-Y6 will take part in 4 sessions of Change 4 Life each year</p> <p>FINANCIAL EDUCATION (Y6 ONLY) – ENTERPRISE PROJECT</p>

Appendix B

Rolling Programme for Teaching/Promoting the Virtues

Term	Virtues
Autumn 1 2015	Grateful & Generous
Autumn 2 2015	Attentive & Discerning
Spring 1 2016	Compassionate & Loving
Spring 2 2016	Faith-filled & Hopeful
Summer 1 2016	Eloquent & Truthful
Summer 2 2016	Learned & Wise
Autumn 1 2016	Curious & Active
Autumn 2 2016	Intentional & Prophetic
Spring 1 2017	Grateful & Generous
Spring 2 2017	Attentive & Discerning
Summer 1 2017	Compassionate & Loving
Summer 2 2017	Faith-filled & Hopeful
Autumn 1 2017	Eloquent & Truthful
Autumn 2 2017	Learned & Wise
Spring 1 2018	Curious & Active
Spring 2 2018	Intentional & Prophetic
Summer 1 2018	Grateful & Generous
Summer 2 2018	Attentive & Discerning
Autumn 1 2018	Compassionate & Loving
Autumn 2 2018	Faith-filled & Hopeful
Spring 1 2019	Eloquent & Truthful
Spring 2 2019	Learned & Wise
Summer 1 2019	Curious & Active
Summer 2 2019	Intentional & Prophetic