

Personal, Social, Health and Economics (PSHE) Policy



St Bede's Catholic Primary School

Headteacher: Carol Devine

Start Date:	Review Date:
1/9/25	September 2026

Policy context and rationale

This policy covers our school's approach to teaching Personal, Social, Health and Economics Education. In order to design a high quality, relevant and engaging curriculum the children's views, needs, ideas and issues they face were gathered alongside local health data.

Policy availability

The policy is available to parents and carers through the school website. Copies of the policy are available on request from the school office – contact: Amanda Griffiths, School Business Manager

Policy aims and objectives

At St. Bede's Primary School PSHE is a planned programme of learning where the children acquire knowledge, understanding and skills they need to lead confident, healthy, independent lives. PSHE provides the children with the building blocks in order for them to develop healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This sits alongside the essential understanding of how to be healthy. This policy is underpinned by the schools' mission statement:

'Our school is Christ-centred: God's love permeates all aspects of school life through constant reference to Gospel values.

As a Catholic school we believe in the dignity, worth and uniqueness of the individual, providing a safe, happy and stable environment for all.

We are an inclusive community and foster relationships based on mutual respect and tolerance, supporting young people in their lives as Christians now and in the future.

We have high expectations of ourselves and each other and strive for excellence in all we do.'

Statement of Intent:

As part of our whole school approach, it is our intent to provide all children with a broad and balanced curriculum that aims to prepare them for adult life by supporting them through their physical, emotional and moral development, and helping them to understand themselves, respect others and form and sustain healthy relationships. Thus, enabling them to thrive as individuals and informed, active and responsible citizens.

The two main core themes of our PSHE programme of study focuses on Relationships Education and Health Education. A third core theme, Living in the Wider World is also an integral aspect of our curriculum. Department for Education statutory guidance states that from September 2020, all primary schools must deliver relationships and health education.

Relationships Education:

- Families and people who care for me
- Caring friendships
- Respectful, kind relationships
- Online safety and awareness
- Being safe

Health Education:

- General wellbeing
- Wellbeing online
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco and vaping
- Health protection and prevention
- Personal safety
- Basic first aid
- Developing bodies

Implementation through teaching and learning:

All staff at St. Bede's will be involved in developing children's personal and social skills and the attitudes and virtues aspect of Relationships and Health Education. Each child is entitled to experience a school climate in which the quality of relationships between staff and pupils themselves, is marked by honesty, personal identification, warmth, trust and security. Our role in particular, is to value and affirm all pupils, to actively promote open and honest relationships and to provide effective learning in Relationships and Health Education.

Life to the Full:

Ten Ten's programme of study, 'Life to the Full', will teach Relationships and Health Education within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church. 'Life to the Full' embraces and fulfils the new statutory curriculum and is 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
- Puberty
- Periods
- Life cycles
- The dangers of social media
- Pornography
- Where babies come from
- An understanding of the Common Good
- 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 and chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Curriculum organisation:

At St. Bede's we promote the needs and interests of all pupils, irrespective of gender, culture or background and all staff take into account the children's age, ability and readiness. PSHE will be provided through;

- Discrete curriculum time once a fortnight where children engage in an age-appropriate circle time sessions, e.g. sex education
- House Meetings that take place once every two weeks where children meet in mixed age house groups to discuss and work on whole school topics EG. Internet safety
- Teaching through and in other subjects/curriculum/themes
- Whole school and class assemblies provide a daily opportunity to enhance pupils' spiritual, moral, social and cultural development, promoting our school's values and celebrating achievement.
- Pastoral care and guidance on a daily basis as questions and incidents arise. At times, teachers may choose to hold an additional circle-time sessions in response to a particular event or issue.
- Extra-curricular activities and whole school events. The school council meet on a regular basis to discuss school matters. Pupils represent the school to the wider community throughout the year. We offer Year 6 children a residential visit with opportunities to develop self-esteem, leadership and co-operation.

Early Years Foundation Stage:

In the Early Years, Personal, Social and Emotional Development (PSED) is a prime area of learning therefore an integral aspect of daily planning, teaching and learning. PSED is split into three core themes;

- Self-regulation
- Managing self
- Building relationships
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Planning is child led to reflect the interests of the children and the needs of the school. Children take part in circle time and discuss topics and themes that are age appropriate. PSED is a fundamental building block in a child's development and underpins the whole curriculum.

Implementation through Assessment, Recording, Reporting and Monitoring:

Teachers assess the children's work in PSHE by making informal judgements as they observe them during lessons. We have clear expectations of what the pupils will know and understand at the end of each year and key stage. Assessment should offer the children the opportunity to reflect on their own progress. Within the Foundation Stage, PSHE objectives are documented within the children's learning journeys. In key stages one and two, discussions, pictures of activities and comments made by the children will be documented within exercise books. The PSHE subject leader is responsible for monitoring plans, the quality of teaching and learning and evaluating the scheme of work to ensure that the needs of the pupils are being met and that there is progression and continuity of learning through the school.

Implementation through inclusion, equal opportunities /SEN:

We are an inclusive school and recognise the right for all pupils to have access to PSHE education. Teaching will take into account the age, gender, ability, readiness, cultural backgrounds of the children and those with English as an additional language to ensure that all can fully access the PSHE education provision. We promote the values of a multicultural society where everyone is valued. Staff will ensure that no judgement will be passed on the lifestyles and choices made by others. If a safeguarding issue arises, staff are required to follow the correct safeguarding procedures and safeguarding policy.

Community links:

We work closely with the parish to form strong links. Throughout the year children carry out several fundraising activities to promote an awareness, and give pupils an appreciation of the needs of others in the world both locally and globally.

Relationships Sex and Relationship Education (RSE):

Under the guidance issued by the Department for Education, from September 2020, Relationships Education will be compulsory in all primary schools. It will also be compulsory for all schools to teach Health Education. Through these subjects, we want to support all children to be happy, healthy and safe; we want to equip them for adult life and to make a positive contribution to society. The Department for Education also continues to recommend that all primary schools should have a sex education programme tailored to the age and maturity of the pupils. This policy is set out to explain how and why RSE is taught at St. Bede's Primary School. We believe that, to be effective, RSE should always be taught within a broader PSHE programme. RSE enhances and is enhanced by learning related to topics including anti-bullying, keeping safe on and offline, keeping physically and mentally healthy, learning about drugs, alcohol and tobacco, and the development of skills and attributes such as communication skills, managing peer pressure, risk management, resilience, decision making and being able to build positive, enjoyable and respectable relationships. We, like many other schools, already choose to teach some aspects of sex education and will continue to do so. In our school, sex education is an opportunity to answer children's questions about where they came from, an opportunity to explore their own stories and to be clear about how a baby is conceived and formed as set out in the human life cycle unit in the National Curriculum for science. Furthermore, it should ensure that all children are prepared for both the physical and emotional changes of puberty including menstruation. We believe that sex education should allow children a safe space to ask questions they may have without shame or judgement. Evidence states that a graduated age appropriate spiral curriculum is the best way of preventing the topic of sex, reproduction and body parts of becoming taboo and children from becoming embarrassed by the topic. In Year 6, we place a particular emphasis on health education, as some children may experience puberty at this age. We liaise with the Local Health Authority about suitable teaching materials to use with our children in these lessons. Local Authority staff lead these sessions with a teacher present. All of the children will follow the 'Life to the Full' programme to address and teach sessions on relationships, changes and sex education. All programmes are delivered in partnership with teachers, parents and the children. As previously stated, parents do have the right to withdraw from sex education but this does not include puberty and the changing adolescent body including menstruation, which is part of health education.

Signed:

K. Dixon: PSHE/RSE Co-ordinator

C. Devine: Head Teacher

C. Elwood: Chair of Governors

Date: September 2025

Review Date: September 2027



**With Christ at our side to guide us,
we shine in all that we do.**