



Together with Jesus, we grow in love

Holy Family Catholic Primary School

PSHE Policy

Overview

This policy reflects the values and philosophy of our school in relation to the teaching and learning of PSHE. As a part of the Catholic Church, we believe that each human being is made in the image and likeness of God, with the purpose of having a loving relationship with God and each other. Our approach to PSHE is rooted in the Catholic Church's teachings of the human person, and presented in a positive framework of Christian ideals. Stemming from this vision of what it means to be human, we seek a holistic education, teaching the child spiritually, intellectually, morally, socially, emotionally and culturally, moving towards our understanding of Christian maturity.

AIMS: To promote good emotional health and well-being for all.

The aims of teaching PSHE are that our children will:

- Develop an understanding that we are all created in the image and likeness of God, and to understand how this is reflected in the nature of relationships.
- Develop as physically, mentally and emotionally healthy young people, achieving future well-being.
- To encourage children to reflect upon their relationships and develop the ability to manage their feelings within relationships, with integrity, respect and responsibility, respecting differences between people.
- To develop virtues, growing to have kindness, integrity, generosity, honesty, respect, responsibility, humility and compassion and to be the best possible people they can be.
- To understand the importance of restoring and repairing relationships, forgiving and being forgiven.
- Develop an understanding that love is the central basis of all relationships.
- To develop confidence and deepen understanding when talking, listening and thinking about emotions and relationships, developing the self-confidence, knowledge and skills to make positive choices with respect to all aspects of their future maturity.
- To understand and ensure that children are ready for the physical and psychological changes within puberty.
- To help children to develop the personal and social skills to love and be loved, and the ability to form friendships and loving, stable relationships, free from exploitation, abuse and bullying, including online.
- To enable pupils to make choices that create a healthier, safer lifestyle for themselves and others.
- To be able to understand and assess risks and manage behaviours, in order to minimise risk to health and personal integrity, and know how to ask for help and support when needed.
- Enjoy school and achieve their potential.
- Develop an understanding of and a commitment to making a positive contribution the local, national

and world community; preparing pupils to play an active role as citizens and to understand the Catholic vision of what it means to be citizens of the Kingdom/reign of God.

Holy Family pledges to:

- Maintain the emotional health and well-being of our children as a valued and high-profile whole school objective.
- Provide a clear policy and procedures to minimise bullying and reduce the risk of children developing any associated mental health problems.
- Promote a positive attitude to relationships and conflict resolution through Restorative Practice, circle time, playground buddy system, Peer Mentors, Prefects and onsite counselling.
- Provide curriculum enrichment activities which enable the children to explore the issues of relationships, bullying, conflict resolution and emotional wellbeing.
- Celebrate individuality, personal, social and emotional development through our dedicated Star of the week assembly.
- Work with parents to identify and respond to concerns.
- Work with external agencies including Children's Services, YOT and CAMHS to identify and respond to concerns.
- offer an onsite counselling service provided by a qualified Person-centred Counsellor (MBACP)
- Provide support for children experiencing loss, low self-esteem, low confidence etc. through counselling and "Think Yourself Great" programme.
- Identify and resource relevant professional development through training.

Strategies

In order to achieve our aims our school:

- Maintains PSHE as a valued and high-profile whole school objective.
- Ensures that our PSHE scheme of work is based on the topics prescribed in the Get SET for Life curriculum which incorporates SEAL, PSHE programmes of study reflecting the Knowledge, Skills and Understanding, Breadth of Study, progression and continuity identified in these.
- Enriches the teaching and learning of PSHE through CPD, visits by various organisations such as Bully Busters, NSPCC, School of Sanctuary, Alzheimer's society and Asylum Links; contributions from adults with knowledge and skills that enhance pupil's learning, performances and interactive workshops.
- Ensures weekly visits to Mersey-Parks Residential Care Home and with Dementia training.
- Ensures that the teaching and learning of PSHE is appropriately resourced.
- Prominently displays the children's work in PSHE in order to create a stimulating curriculum which provides opportunities for our children to develop as pro-active, confident decision makers.
- Works towards national standards.
- Provides CPD for designated teacher which already includes completion of Level 3 and 4 Certificate Diploma in Therapeutic Counselling, providing a fully qualified counsellor and

mental health first aider permanently onsite, ensuring support and counselling is available for pupils immediately.

TIMETABLE AND RESOURCES

- PSHE funding is allocated annually and includes elements to cover enrichment and development activities.
- PSHE is timetabled across the whole school. Every class from Reception to Year 6 receives a dedicated PSHE lesson each week.
- Any child requiring additional support receives either individual mentoring or group sessions such as “Think yourself Great” which helps promote self-confidence, Lego therapy which helps turn taking, sharing and communication, Restorative Practice which promotes a calmer more reflective approach to conflict resolution are offered at Holy Family.
- PSHE resources are allocated and stored in the Counselling room.

Outcomes

- The personal, social, health and citizenship of all our children is supported and developed.
- Our children’s knowledge and understanding of a wide range of PSHE issues is of a high standard.
- The vast majority of our children make positive informed choices around their personal, social and health choices and are good citizens.
- All children have age appropriate knowledge and understanding with regards to emotional health and well-being and feel confident and supported with respect to their rights and responsibilities and their ability to make positive choices.

Monitoring evaluation review

The school implements an annual programme of prioritised monitoring, review and evaluation which includes:

- Lesson Observations
- Conversations with children – pupil voice and pupil well-being questionnaire
- The School Leadership Team and the Governing Body monitor the effectiveness, efficiency and impact of this policy annually.

Mrs Clein PSHE coordinator.

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