

OUR LADY IMMACULATE CATHOLIC PRIMARY SCHOOL PERSONAL, SOCIAL, HEALTH EDUCATION (PSHE) POLICY POLICY

(To be read in conjunction with policies on Behaviour, Relationship and Belonging, Drugs, Healthy Schools, E-Safety, Anti-Bullying and Safeguarding)

Aims and Objectives

We believe that education in Personal, Social and Health Education (PSHE) enables children to become healthier, more independent and more responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing, we help to develop their sense of self-worth. We teach them how society is organised and governed and ensure that children experience the process of democracy through participation in the School Council. We teach children about their rights and responsibilities and help them to appreciate what it means to be a positive member of a diverse and multi-cultural society.

Our objectives in the teaching of PSHE are to: - Know and understand what is meant by a healthy lifestyle - Be aware of safety issues - Understand what makes for good relationships with others - Have respect for other people and show sensitivity towards others - Be thoughtful and responsible members of their community and school - Become active members of our democratic society - Develop self-confidence and self-esteem - Make informed choices regarding personal and social issues - Develop good relationships with other members of the community

Catholic Ethos and Relationship Education

As a Catholic school, our approach to Personal, Social and Health Education is rooted in the teachings of the Catholic Church and reflects our belief in the dignity and worth of every human person. Relationships and personal development are taught within the context of faith, love and respect.

Relationship and Sex Education is delivered through the **Journey in Love** programme, as recommended in the **Religious Education Directory**, and is taught alongside the **My Life PSHE scheme**. Journey in Love supports children in understanding relationships, personal identity and emotional development through a Catholic lens, promoting values such as respect, responsibility, commitment and love.

The Journey in Love programme complements and enhances the PSHE curriculum by ensuring that learning about relationships, wellbeing and personal growth is age-appropriate, sensitive and consistent with Church teaching, while also meeting statutory requirements for Relationships Education.

Statutory Framework

This policy has been developed in line with the following statutory and non-statutory guidance: - Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance (DfE, 2019) - Keeping Children Safe in Education - The Equality Act 2010

Relationships Education (Statutory)

In accordance with the Department for Education statutory guidance (2019), Relationships Education is taught to all pupils in primary school and is statutory.

Relationships Education supports children to develop healthy, respectful and positive relationships and to understand how to keep themselves and others safe, both offline and online. Teaching is age-appropriate, developmentally appropriate and delivered within the context of our Catholic ethos, promoting love, respect, dignity and responsibility.

By the end of primary school, pupils will have been taught about: - Families and people who care for me - Caring friendships - Respectful relationships - Online relationships - Being safe, including boundaries, privacy, consent and how to seek help

These areas are taught through discrete PSHE lessons, assemblies, whole-school activities and across the wider curriculum.

Health Education

Health Education is taught as part of the PSHE curriculum and supports pupils to make informed decisions about their physical and mental wellbeing.

Pupils are taught about: - Mental wellbeing, including recognising emotions and managing feelings - Healthy lifestyles, including physical activity, healthy eating, rest and hygiene - Keeping safe, including road safety, water safety, personal safety and drug awareness - Online safety and responsible use of technology

Health Education is taught in a way that promotes resilience, self-care and positive lifelong attitudes towards health and wellbeing.

Sex Education

Sex Education is not statutory in primary schools. At Our Lady Immaculate Catholic Primary School, Sex Education, where taught, is delivered in an age-appropriate manner and in accordance with the teachings of the Catholic Church. Alongside the PSHE scheme, RSE is taught through.

Parents have the right to withdraw their child from Sex Education (except for content that is part of the statutory Science curriculum). Parents wishing to exercise this right are encouraged to discuss their concerns with the Headteacher.

Teaching and Learning

We use a range of teaching and learning styles to meet the PSHE requirements of the curriculum. We follow a progressive scheme of work, 'My Life', from Key Stage 1 through to Upper Key Stage 2. Teaching emphasises active learning through discussion, investigation and problem-solving activities.

Pupils are encouraged to take part in activities that promote active citizenship, such as charity fundraising linked to community or national initiatives. Visiting speakers, including emergency services and local clergy, are invited to support learning about community roles and responsibilities.

Curriculum Organisation and Planning

PSHE is taught through a combination of discrete lessons, cross-curricular links and whole-school events. Strong links are made with Religious Education, reflecting the school's Catholic ethos. Residential visits in Key Stage 2 provide opportunities to develop self-esteem, independence, leadership and teamwork.

Early Years Foundation Stage

In the Early Years Foundation Stage, PSHE is taught as part of the prime area of learning: Personal, Social and Emotional Development (PSED). This supports children's emotional wellbeing, relationships, independence and readiness for learning. Teaching is delivered through a balance of adult-led activities and child-initiated learning in the continuous provision.

PSHE and ICT

ICT contributes to PSHE by helping pupils develop collaborative skills and global awareness. E-safety education supports pupils to develop safe, responsible and respectful online behaviours.

Inclusion

PSHE is taught to all children regardless of ability. Teachers adapt learning to meet individual needs, including those of pupils with SEND. More able pupils are provided with opportunities to develop leadership skills and take responsibility within the school and wider community.

Assessment

Teachers assess pupils' progress in PSHE through observation, discussion, post-learning tasks and teacher judgement. Summative assessments are completed at the end of each topic.

Monitoring and Review

The PSHE Subject Leader is responsible for planning and coordination, supporting colleagues, keeping informed of developments and reporting annually to the Headteacher. Teaching and learning are monitored as part of the school's cycle of evaluation.

Approved: Spring 2026
Review: Spring 2028

This policy will be reviewed regularly to ensure continued compliance with statutory requirements.