

St. Theresa's Catholic Primary School

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Catholic Primary School



PERSONAL, SOCIAL AND HEALTH EDUCATION (PSHE) POLICY

“We learn together, we play together, we pray together, we grow together in the love of God”

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Validation Grid

Title	Personal, Social and Health Education Policy
Author	Barbara Costa
Associate Author	N/A
Committee	RE
Target Audience	All staff
Stakeholders Consulted	All staff
Curriculum / Non Curricular	Curricular
Associated Policies / Documents	Religious Education, Behaviour, Anti-Bullying, SEND, Relationships and Sex Education, Equality, Drugs and Alcohol, Online Safety, Child Protection and Safeguarding
New Policy or Review of Existing Policy	Review
Date of Submission	December 2025
Date for Review	December 2028
Statutory	No

Headteacher Barbara Costa Barbara Costa

Chair of Governors Fiona Kerin Fiona Kerin

1. Introduction

At St. Theresa's Catholic Primary School, Personal, Social and Health Education (PSHE) plays a vital role in supporting the holistic development of every child. Rooted in our Catholic ethos, PSHE helps pupils grow morally, spiritually, socially and emotionally, enabling them to live healthy, safe and responsible lives.

PSHE is delivered in a safe, inclusive and supportive environment where all pupils are valued and respected. Our curriculum promotes the dignity of every person, encourages positive relationships and equips pupils with practical life skills appropriate to their age and stage of development.

This PSHE policy does not include Relationships and Sex Education (RSE). All RSE content is covered separately in the school's Relationships and Sex Education Policy.

2. Aims of the PSHE Curriculum

Through the PSHE curriculum, pupils at St Theresa's Catholic Primary School will be supported to:

- Develop confidence, self-esteem and emotional resilience
 - Understand how to live healthy lives, both physically and mentally
 - Recognise and manage emotions in a positive and appropriate way
 - Learn how to keep themselves safe, including online and in the wider world
 - Develop responsibility, independence and decision-making skills
 - Understand the importance of honesty, integrity, kindness, justice and respect for others
 - Appreciate diversity and treat all members of the community with dignity and fairness
 - Understand rights and responsibilities within school and society
 - Make informed choices and understand the consequences of actions
 - Know when and how to seek help and support
 - Contribute positively to school life, the local community and the wider world
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3. Purpose of the Policy

This policy provides clear guidance on the delivery of PSHE at St Theresa's Catholic Primary School. It outlines:

- The school's approach to PSHE teaching and learning
- How PSHE supports pupils' personal development and wellbeing
- Roles and responsibilities of staff involved in PSHE
- How PSHE is monitored, evaluated and reviewed

This policy applies to all staff, pupils, governors, parents/carers and external contributors involved in PSHE.

4. Legislation and Guidance

PSHE at St Theresa's Catholic Primary School is delivered in line with current Department for Education guidance, including statutory requirements for:

- Health Education
- Relationships Education (where appropriate and age-appropriate)

The school **does not deliver non-statutory Sex Education** within PSHE. There is therefore no right to withdraw pupils from statutory PSHE content.

5. PSHE Curriculum Overview

PSHE is organised around three broad areas:

5.1 Health and Wellbeing (Statutory)

Pupils learn about:

- Mental wellbeing and emotional literacy
- Healthy lifestyles, including diet, exercise and sleep
- Personal hygiene and self-care
- Online wellbeing and digital safety
- Managing change and transition
- Drugs, alcohol, tobacco and vaping (age-appropriate and factual)
- Personal safety and basic first aid

5.2 Relationships (Statutory – excluding Sex Education)

Pupils learn about:

- Families and people who care for them
- Friendships and peer relationships
- Respect, kindness and empathy
- Bullying and how to seek help
- Keeping safe in different situations, including online

5.3 Living in the Wider World (Non-Statutory)

Pupils learn about:

- Rights and responsibilities
- Being a responsible citizen
- Financial awareness and economic wellbeing
- Environmental responsibility and stewardship

- Aspirations, goals and future pathways
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6. Teaching and Learning

6.1 Organisation

- PSHE is taught weekly across all year groups.
- Lessons are delivered by class teachers.
- Learning is supported through assemblies, themed weeks and enrichment activities.
- External visitors may support learning where appropriate and are always supervised by school staff.

6.2 Teaching Approaches

PSHE lessons use a range of active and engaging strategies, including:

- Class discussion and circle time
 - Role-play and scenario-based learning
 - Stories, drama and reflection
 - Group and paired work
 - Use of ICT and age-appropriate resources
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7. Early Years Foundation Stage (EYFS)

In the Early Years, PSHE is taught through the Personal, Social and Emotional Development (PSED) area of learning. Children are supported to:

- Develop self-confidence and self-awareness
- Manage feelings and behaviour
- Build positive relationships
- Develop independence and self-care skills

Learning is embedded through play-based and practical experiences.

8. Creating a Safe Learning Environment

8.1 Safeguarding and Confidentiality

All PSHE teaching follows the school's safeguarding procedures. Pupils are made aware that confidentiality cannot be guaranteed and that concerns will be shared with appropriate adults to keep them safe.

8.2 Ground Rules

Clear ground rules are established to ensure respect, listening and sensitivity during discussions, particularly when topics may feel personal or challenging.

9. Inclusion, Equality and SEND

PSHE at St Theresa's Catholic Primary School is inclusive and accessible to all pupils. Teaching reflects the requirements of the Equality Act 2010 and promotes respect for protected characteristics.

Adaptations for pupils with SEND may include:

- Differentiated resources
 - Adjusted teaching strategies
 - Additional adult support
 - Small-group or individual learning
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10. Roles and Responsibilities

PSHE Lead

The PSHE Lead is responsible for:

- Overseeing curriculum development and progression
- Supporting staff with training and resources
- Monitoring teaching and learning
- Evaluating the impact of PSHE
- Reviewing and updating this policy

Staff

All staff are responsible for:

- Delivering PSHE in line with this policy
 - Creating a safe and respectful classroom environment
 - Modelling positive attitudes and behaviour
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11. Monitoring and Evaluation

The effectiveness of PSHE is monitored through:

- Lesson observations and planning reviews
- Pupil voice and feedback
- Staff reflection
- Review of curriculum coverage and progression

Findings inform future curriculum development and staff training.