

# Personal, Social, Health and Economic (PSHE) Education Policy

St. Thomas More's Catholic Primary School



Approved by the Governing Body: Autumn Term 2025

Next Review

Autumn 2027

## Our Mission Statement

**As we walk together with Jesus we love, live, and learn.**

### Aims and objectives

Personal, Social, Health and Economic education (PSHE) enables children to become healthy, independent and responsible members of society. The umbrella of our curriculum for PSHE encompasses Relationships Education, Health Education, Relationship and Sex Education (RSE), Mental Health, Online safety and Economic wellbeing. This policy is to be read in conjunction with the RSE policy.

We encourage our pupils to play a positive role in contributing to the life of St Thomas More's Catholic Primary School and the wider community. In doing so, we help develop their sense of self-worth. We teach them how society is organised and governed and about rights and responsibilities as well as learning to appreciate what it means to be a positive member of a diverse multicultural society.

The aims of PSHE are to enable the children to:

- know and understand what constitutes a healthy lifestyle;
- to understand what good mental health is, develop strategies to nurture this and know how to get help when it is needed;
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues;
- have respect for others;
- understand what makes for good healthy relationships with others;
- understand appropriate behaviour within a relationship and what to do if things go wrong;
- be aware of safety issues;
- know how to keep themselves safe online;
- develop a positive mindset that builds resilience and allows children to deal with difficult situations;
- be independent and responsible members of the school community;
- be positive and active members of a democratic society;
- develop good relationships with other members of the school and the wider community;
- understand different careers, financial capability and economic well being.

### Teaching and learning style

All PSHE lessons are taught by members of staff that the children know well and are comfortable with - we believe this allows the children to place trust in what the adults are saying and offers opportunity for follow-up work in small groups or 1:1 as needed.

We use a range of teaching and learning styles. We place an emphasis on active learning by including the children in discussions, investigations and problem-solving activities. We

encourage the children to take part in a range of practical activities that promote active citizenship, e.g. fundraising, or involvement in an activity to help other individuals or groups less fortunate than themselves (for example Children In Need, Millennium Trust, BCCS, Foodbank, Cafod). We organise classes in such a way that pupils are able to participate in discussion to resolve conflicts or set agreed classroom rules of behaviour. We offer children the opportunity to hear visiting speakers, such as health workers, police, and representatives from the local church, whom we invite into school to talk about their role in creating a positive and supportive local community.

### PSHE Curriculum Planning

Our PSHE planning draws upon a variety of sources with our main source being Ten Ten 'Life to the Full Plus' programme, the recommended Catholic Primary school RSE curriculum. We use this range of resources to help us plan our PSHE curriculum which serves our children, our families and our community. We have attached the Curriculum below with the aim that parents can support their children as each topic arises.

We teach PSHE in a variety of ways. In some instances we may teach in a cross curricular way such as democracy in our British Values Week or health lessons about teeth in our Science lessons. Other areas, including Relationship and Sex Education, we teach discretely using the Ten Ten 'Life to the Full' programme of study.

In addition, we develop PSHE through activities and whole-school events, e.g. whole school assemblies. We offer a residential visit to children in 6 (as well as any other KS2 classes where there is an opportunity) where there is a particular focus on developing pupils' self-esteem and giving them opportunities to develop independence, leadership and cooperative skills.

### Teaching PSHE to children with SEN

We teach PSHE to all children, regardless of ability or need. To allow everyone to make progress, our teachers provide learning opportunities matched to the individual needs of each pupil. This may mean pre-teaching or additional sessions with a teaching assistant to reinforce what has been taught. Some of the aspects of the PSHE curriculum are also taught through individually matched intervention programmes, e.g. Zones of Regulation or Lego Therapy. The desired outcomes and progress are then recorded and reviewed in One Plans.

### Assessment and recording

Teachers assess the children's work in PSHE by making informal judgements as they observe them during lessons, noting the things they say and by how they present themselves in their behaviour with peers and adults. Should a teacher have a concern about a child or group of children, they log this on the CPOMS software and the DSL will decide on a course of action to put further support in place. This could be: additional sessions for the whole class on a specific objective; support at lunchtime guided by lunchtime TAs or involvement with outside agencies as necessary.

Each class teacher will take part in regular book scrutinies to ensure progression.

## Resources

Each class uses the Ten Ten Life to the Full Plus Programme of PSHE to plan their lessons. Teachers also have the freedom to choose resources that best cater for their individual class' needs from other sources available where appropriate. Refer to the course overview below.

The Ten Ten 'Life to the Full' RSE programme involves a combination of sharing information and exploring issues and values. Read in conjunction with the RSE policy. There is a Parent Portal for parents to view the materials taught in class and for them to discuss with their child together at home. Parent Portal details are on the letter to parents in appendix 3

## Monitoring and review

The PSHE subject leader is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader monitors the subject through observing lessons, book scrutinies and discussions with pupils and keeping abreast of children needing additional support- looking for patterns and trends.

The subject leader supports colleagues in the teaching of PSHE by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school. The subject leader is also responsible for developing an annual action plan in order to evaluate our strengths and weaknesses in the subject and indicating areas for further improvement.

This policy will be reviewed every two years.

## **Note**

This PSHE policy should be read in conjunction with the following policies:

Behaviour Policy,  
Anti-bullying Policy,  
RSE Policy  
Online Safety Policy  
Computing policy  
RE policy  
Science Policy

# Life to the Full Plus - Overview

## EYFS

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
EYFS	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Handmade With Love	<b>Session 1</b> I Am Me	<b>Session 1</b> I Like, You Like, We All Like!	<b>Session 1</b> Growing Up	<b>Session 1</b> Role Model	<b>Session 1</b> Who's Who?	<b>Session 1</b> What is the Internet?	<b>Session 1</b> Safe Inside and Out	<b>Session 1</b> God is Love	<b>Session 1</b> Me, You, Us
		<b>Session 2</b> Heads, Shoulders, Knees and Toes	<b>Session 2</b> All the Feelings!	<b>Session 2</b> New People, New Places  Classroom Shorts		<b>Session 2</b> You've Got A Friend In Me	<b>Session 2</b> Playing Online	<b>Session 2</b> My Body, My Rules	<b>Session 2</b> Loving God, Loving Others	<b>Session 2</b> When I Grow Up...  Classroom Shorts
		<b>Session 3</b> Ready Teddy?	<b>Session 3</b> Let's Get Real			<b>Session 3</b> Forever Friends		<b>Session 3</b> Feeling Poorly		<b>Session 3</b> 'Money Doesn't Grow On Trees'  Classroom Shorts
								<b>Session 4</b> People Who Help Us		

# Life to the Full Plus - Overview

## KS1

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
KS1	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Let the Children Come	<b>Session 1</b> I am Unique	<b>Session 1</b> Feelings, Likes and Dislikes	<b>Session 1</b> The Cycle of Life	<b>Session 1</b> God Loves You	<b>Session 1</b> Special People	<b>Session 1</b> Real Life Online	<b>Session 1</b> Good and Bad Secrets	<b>Session 1</b> Three In One	<b>Session 1</b> The Communities We Live In
		<b>Session 2</b> Girls and Boys	<b>Session 2</b> Feeling Inside Out	<b>Session 2:</b> Beginnings and Endings		<b>Session 2</b> Treat Others Well...	<b>Session 2</b> Rules To Help Us	<b>Session 2</b> Physical Contact	<b>Session 2</b> Who is My Neighbour?	<b>Session 2</b> Who Will I Be?  Classroom Shorts
		<b>Session 3</b> Clean and Healthy (My Body)	<b>Session 3</b> Super Susie Gets Angry	<b>Session 3:</b> Change Is All Around  Classroom Shorts		<b>Session 3</b> ...and Say Sorry		<b>Session 3</b> Harmful Substances		<b>Session 3</b> Needs and Wants  Classroom Shorts
								<b>Session 4</b> Can You Help Me? (Part 1)		
								<b>Session 5</b> Can You Help Me? (Part 2)		

# Life to the Full Plus - Overview

## LKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
<b>LKS2</b>	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Get Up!	<b>Session 1</b> We Don't Have to Be the Same	<b>Session 1</b> What Am I Feeling?	<b>Session 1</b> Life Cycles	<b>Story Sessions</b> Jesus, My Friend	<b>Session 1</b> Family, Friends and Others...	<b>Session 1</b> Sharing Online	<b>Session 1</b> Safe in My Body Classroom Shorts	<b>Session 1</b> A Community of Love	<b>Session 1</b> How Do I Love Others?
	<b>Session 2</b> The Sacraments	<b>Session 2</b> Respecting Our Bodies	<b>Session 2</b> What Am I Looking at?	<b>Session 2</b> A Time for Everything		<b>Session 2</b> When Things Feel Bad	<b>Session 2</b> Chatting Online Classroom Shorts	<b>Session 2</b> Drugs, Alcohol and Tobacco	<b>Session 2</b> What is the Church?	<b>Session 2</b> Working Together Classroom Shorts
		<b>Session 3</b> What is Puberty?	<b>Session 3</b> I am Thankful	<b>Session 3</b> Big Changes, Little Changes Classroom Shorts				<b>Session 3</b> First Aid Heroes		<b>Session 3</b> Money Matters Classroom Shorts
		<b>Session 4</b> Changing Bodies						<b>Session 4</b> Rights and Responsibilities Classroom Shorts		
		<b>Session 5</b> Male/ Female Discussion Groups (optional)								

## Life to the Full Plus - Overview

### UKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
UKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	<b>Story Sessions</b> Calming the Storm	<b>Session 1</b> Gifts and Talents	<b>Session 1</b> Body Image	<b>Session 1</b> Making Babies (Part 1)	<b>Session 1</b> God Is Calling You	<b>Session 1</b> Under Pressure	<b>Session 1</b> Sharing Isn't Always Caring	<b>Session 1</b> Types of Abuse Classroom Shorts	<b>Session 1</b> The Holy Trinity	<b>Session 1</b> Reaching Out
		<b>Session 2</b> Girls' Bodies	<b>Session 2</b> Peculiar Feelings	<b>Session 2</b> Making Babies (Part 2)		<b>Session 2</b> Do You Want A Piece of Cake?	<b>Session 2</b> Cyberbullying Classroom Shorts	<b>Session 2</b> Impacted Lifestyles Classroom Shorts	<b>Session 2</b> Catholic Social Teaching	<b>Session 2</b> The World of Work Classroom Shorts
		<b>Session 3</b> Boys' Bodies	<b>Session 3</b> Emotional Changes	<b>Session 3</b> Menstruation		<b>Session 3</b> Self-Talk		<b>Session 3</b> Making Good Choices		<b>Session 3</b> Money and Me Classroom Shorts
		<b>Session 4</b> Spots and Sleep	<b>Session 4</b> Seeing Stuff Online	<b>Session 4</b> Hope Beyond Death		<b>Session 4</b> Build Others Up Classroom Shorts		<b>Session 4</b> Giving Assistance		
				<b>Session 5</b> Coping with Change Classroom Shorts						



## Appendix 2: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships, sex and health education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	Include notes from discussions with parents and agreed actions taken. Eg: Joe Bloggs will be taking part in all relationships lessons and during the sex education lessons, he will be working independently on a project in the Year 5 classroom

## Appendix 3- Letters to parents