

# **St Thomas's CE Primary School PSHE Policy**

Our PSHE curriculum plays a lead role in strengthening our British Values. We aim to promote the British Values of democracy, rule of law, individual liberty, mutual respect and tolerance of those with different faiths and beliefs in line with government expectations.

Our core themes are Emotional Health and Wellbeing, Relationships and Living in a Wider World. These core themes are underpinned by Christian Values in line with our school aims and ethos. Alongside this we have a weekly P4C question which is discussed in each year group.

Our long term plan for PSHE should be read alongside our British Values overview and our SMSC grid.

## **What is Personal, Social, Health and Emotional Education?**

PSHE encompasses all areas designed to promote children's personal, social, health and emotional development. It gives children the knowledge, skills and understanding that they need to stay healthy and safe, develop worthwhile relationships, respect differences, develop independence and responsibility, and make the most of their own abilities and those of others. Additionally, children will come to appreciate difference and diversity. PSHE is very closely linked to Social, Moral, Spiritual and Cultural development (SMSC). Explicit opportunities to promote pupils' development in these areas are provided in the framework for personal, social, health and emotional education (PSHE).

Personal, social, health and emotional education (PSHE) enables children to become healthy, independent and responsible members of society. At St Thomas's 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 develop our sense of self-worth. We teach our children how society is organised and governed and ensure that they experience the process of democracy in school through the school council. We teach them about rights, respect and responsibilities and they learn to appreciate what it means to be a positive member of a diverse multicultural society.

The purpose of our PSHE curriculum is to provide all pupils with opportunities to:

- Develop confidence and responsibility and make the most of their abilities
- Prepare to play an active role as citizens through developing skills for living and valuing themselves and respecting others
- Develop a healthy lifestyle
- Contribute to their community and the wider world and becoming morally and socially responsible
- Develop good relationships and respect the differences between people.

### **Aims and objectives:**

- Help children develop lively, enquiring minds, to acquire knowledge and develop the skills of communication and information handling which equip them for adult life.
- Help children to appreciate and be concerned about their environment and understand the interdependence of individuals, groups and nations.
- Help children achieve self-discipline and commitment so that they reach the highest standards of which they are capable.
- Encourage children to develop creativity and expression.
- Encourage children to take an active and responsible role in their learning.

We believe that PSHE Education is central to the educational entitlement of all of our children. Although it will be taught in part through discreet lessons, elements of PSHE permeate all aspects of school life. Throughout Key Stage 1 and 2 children gradually build on the skills, attitudes and values, knowledge and understanding they have started to acquire and develop during the Early Years Foundation Stage. PSHE education offers learning opportunities and experiences which reflect the increasing independence and physical and social awareness of children as learners as they move through the school. They learn skills to develop effective relationships assume greater personal responsibility and keep themselves safe.

We aim to cover the following core themes as set out in the PSHE Association Programme of Study.

Core Theme 1: Health and wellbeing

Core Theme 2: Relationships

Core Theme 3: Living in the wider world

Alongside this children are given the opportunity to explore a weekly P4C question.

To enrich our PSHE curriculum we are currently introducing HEARTSMART a resource that 'builds resilience, emotional intelligence and active empathy in the hearts of children,' its aim is to enrich and equip your delivery of PSHE and SMSC. It is about loving and accepting ourselves as well as loving and responding well to others.

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