

St Marie's Catholic Primary School

Personal, Social and Health Education Policy



'The Love of Christ, nurture, guide and inspire us.'

Approving Body	Full Governors Committee Head/Leadership team	Review Term: 1yr/2yr/3yr Autumn Spring Summer
Signature:	Chair of the relevant body	December 23
Review Date:		Version: (applicable if changed within the review period, if no changes this would remain as version 1)

MISSION STATEMENT



'The Love of Christ, nurture, guide and inspire us.'

To do this we will:

- Be a Christian community that lives the Gospel values; 'Love of Christ' (Christ centred)
- Provide opportunities for all to grow and achieve by igniting a desire for learning; 'Guide and inspire' (Education)
- Be a haven of peace and love that enables all to thrive; 'Nurture' (Community)

Objectives: Christ Centred

- Provide high quality collective worship and enriching liturgical celebrations
- Enable our children to acquire an excellent religious education and develop their relationship with God
- Share faith, love and hope in the likeness of Mary, Mother of God
- Provide a safe harbour where all can succeed

Objectives: Education

- Have high expectations of ourselves and others in all that we do
- Value our pupils and staff, appreciating their uniqueness and individual talents, enabling them to achieve well
- Provide a curriculum that opens the world, in all its awe and wonder, to our pupils

Objectives: Community

- Create a peaceful, happy school where all feel welcomed and valued
- Nurture and grow our pupils and community in the Gospel values
- Celebrate each person as a beautiful work of art, created on God's image

St Marie's Key Objectives and Priorities 2023/2024

Key Objectives and Priorities	Success Criteria
<p><i>Christ at the Centre</i></p> <p>1. Priority: Culture</p>	<ul style="list-style-type: none"> ✚ Ensure that staff and pupils are clear on whole school expectations, routines and behaviours ✚ Pedagogy, policies and procedures are shared and implemented with fidelity ✚ Relationships across the school community become strong ✚ Staff seek every opportunity to promote learning within and beyond the school day ✚ Pupils and staff have the tools needed to ensure resilience in their learning and wider lives
<p>2. Priority: Aspiration</p>	<ul style="list-style-type: none"> ✚ School has unapologetically high aspiration for our children through a fully understood, common pedagogy ✚ All children can access a low floor-high ceiling, fully resourced, holistic curriculum that meets our high aspirations which staff are equipped to deliver ✚ Percentage of children at greater depth standards is rapidly closing the gap with national
<p>3. Priority: Resources</p>	<ul style="list-style-type: none"> ✚ The staff structure, skills and knowledge meet the needs of the school ✚ 'The curriculum' is fully resourced and meets the needs of our children with effective schemes of work, curriculum knowledge and skills progression maps ✚ All staff receive high quality assured CPD that improves learning for all pupils
<p>4. Priority: Community</p>	<ul style="list-style-type: none"> ✚ Parents are well equipped to support children learning in school and at home ✚ Families are well supported to meet our aspirations for our children, i.e. through uniform and attendance ✚ Our community is well involved in school life, e.g. Parent Council, FAF group etc
<p>5. Priority: Environment</p>	<ul style="list-style-type: none"> ✚ The school building and grounds are a safe place to work and play ✚ The buildings and classrooms promote our high aspirations

PSHE is a sacred subject

PSHE enables all learners to truly know themselves in body and mind and to admire the uniqueness of God's perfect design. It enables pupils to look around them; to appreciate the qualities of each other, to learn from each other and to appreciate the world in which God created. A community in which they can contribute to positively. In an ever-changing, ever more demanding world, PSHE provides pupils with the spiritual tools they need to live a happy, fulfilled peaceful life. It enables pupils to be the best they can be, to fulfil the plan that God has for each one of them.

Rationale

Personal, social and health education provides children with skills, knowledge and techniques that will enable them to live a fulfilled, healthy and fruitful life. At St Marie's, we aim to provide our children with a PSHE curriculum which allows all children to gain life skills which will stay with them as they grow into proud, happy, empathetic, resilient and well-adjusted adults.

Vision

At St. Marie's Catholic Primary School, we are committed to delivering and leading an inspirational PSHE curriculum that develops confident learners. Our vision is to empower our pupils to take ownership of their learning and take pride in their achievements, thus preparing them for life in modern Britain and the wider world. It is our aim to equip the children of St. Marie's Catholic Primary School with the knowledge, understanding, attitudes and practical skills they need to live healthy, safe, productive, fulfilled, capable and responsible lives. From EYFS through to KS2 our pupils will build up a body of knowledge, skills and concepts that will help support them in becoming well developed citizens.

PSHE is taught through well-structured lessons, mindfulness practice, assemblies, community involvement and celebrations. We will ensure teachers have a high level of subject knowledge through professional development and that all teachers are involved in the planning process to ensure our curriculum is tailored to the needs of our children and families.

The school promotes the key elements of resilience, resourcefulness and reflectiveness in everything we do. As such, children are encouraged to take risks and try new things, taught to listen and work as part of a team and understand the importance of their learning. We aim to give every young person and their families the opportunity to achieve and follow their aspirations for life. To do this we have a strong ethos of hard work coupled with fun and engaging learning opportunities. We have strong links with our local community and operate an open door policy inviting the school community and external visitors into our school frequently. In St Marie's our PSHE curriculum is adapted to meet the needs and abilities of all pupils in our inclusive environment. We want our children to enjoy PSHE lessons and be enthusiastic about applying the skills they learnt to their everyday lives. We offer every opportunity to ensure that all of our pupils get the support and help that they need in order to reach their full potential and become the citizens of tomorrow

National Curriculum Aims

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice, and this expectation is outlined in the national curriculum. PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE it is considered unnecessary to provide new standardised frameworks or programmes of study. PSHE can encompass many areas of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.

At St Marie's we have tailored our PSHE programme to reflect the needs of our pupils, we use our PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (RSHE) and the importance of physical activity and diet for a healthy lifestyle.

Teaching and Learning Overview

As a whole school program grounded in science and dedicated to building positive mental wellbeing, myHappyMind helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves.

Whole school approach

At St Marie's we have a whole school approach to PSHE. myHappyMinds is scheduled into our staff meetings to ensure all staff are equipped with the knowledge needed to support the children's learning for each module. At the beginning of each half term, we have a whole school assembly to introduce the module to the children. Every class teaches PSHE on a Monday. This allows children to all practise techniques and to talk about what they have learned with all children across the school, throughout the week. Parents are encouraged to get involved and are able to track their child's learning as they are following the programme in school.

Programme of study

myHappyMind is an award winning program for schools & nurseries, families and organisations.

It teaches preventative habits that support positive mental health, resilience and self-esteem.

All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology. The program is delivered via an innovative technology platform making learning easy, convenient and fun. They are commissioned by the NHS up and down the U.K. due to the

incredible impact the program has on reducing CAMHS referrals along with the overall improvements to the wellbeing of children, staff and parents.

Modules

- Meet Your Brain: Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.
- Celebrate: Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.
- Appreciate: Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a habit!
- Relate: Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.
- Engage: Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self-esteem and resilience too.

Link to RSHE policy

St Marie's takes a cross-curricular approach to PSHE. The aspects of our PSHE curriculum are embedded throughout the school for every child. It is strongly linked to our RSHE curriculum. This ensures that we have a curriculum tailored to meet the individual needs of our children which also adheres to the National Curriculum guidelines for PSHE and RSE.

Parental Engagement

The myHappyMind approach ensures parents and carers are involved in the PSHE education of their children. We hold an annual parental workshop and coffee mornings throughout the year to share content of lessons and our vision for myHappyMind at St Marie's. myHappyMind has also developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on a phone. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, and to learn more about what they are learning in the program.

Staff Well-being

myHappyMind provides a course for adults to study alongside the children to improve mental health and well-being and enable staff to further support the children in their PSHE education. There are five modules of study, which match the children's programme, and a quiz for adults to complete.

Journals

As part of the myHappyMind programme, all children from year 1 to year 6 have their own personal journal to record thoughts and feelings as well as journaling what they have learnt during the sessions. Every myHappyMind lesson includes a journaling component, and children will use their journals to capture their thoughts and reflections. In years 5 and 6, journals can be used at any time of the day, throughout the week to support them. In year 6, the journals are heavily focused on transition into year 7.

As well as playing a vital role in each lesson, the Journals can be used by:

- Sharing them at parents' evening to demonstrate your children's learning.

- Using them as a calming activity at the end of the day or week for children to capture their thoughts and feelings.
- Children can take them with them if they are working with a supportive mentor or SENCo and use them to help explain how they are feeling.
- The Year 6/P7 Journal also contains a beautiful well-being planner for the children to continue using over the summer and in High School.

Assessing and tracking progress

Certificates are awarded for children who are demonstrating use of techniques and knowledge learned throughout the programme. Pupil voice will provide evidence for assessment and progress.

Feedback and marking (see schools separate marking policy for further guidance.)

Although the journals are for the children's personal use and are a space for them to write their thoughts and feeling, from time to time, their class teachers may have a look through them. This way, any potential safeguarding issues that could arise will not go unmissed. They will not be formally marked.

Quality of teaching, learning and assessment

- SLT, the PSHE lead and teachers, monitor pupils' progress together in an informal way through pupil voice and the whole school approach.
- Happy breathing techniques to be used throughout the school.
- The purpose of each activity is clear to both teachers and pupils.
- myHappyMind techniques and vocabulary are embedded in all aspects of school life.