



Sacred Heart Catholic Primary School

Personal, Social and Health Education (PSHE) Overview

“A new command I give you: Love one another. As I have loved you, so you must love one another.”

John 13:34

At Sacred Heart we believe that a pupil's Personal Social and Emotional Development is fundamental to their progress. We believe the characteristics of good citizenship, strong moral values and ambition are essential in enabling our pupils to achieve their potential.

Intent

At Sacred Heart we recognise that all our children are unique individuals. Our intent is to provide a Personal, Social and Health Education (P.S.H.E.) and Citizenship to enable our children to become healthy, independent and responsible members of society.

We ensure PSHE is relevant by linking activities to pupils' interests, establishing real contexts for their learning, and building upon their knowledge and skills in other subjects. We give children the opportunity to talk about their ideas and value their contributions.

Implementation

At Sacred Heart we are fortunate that as well as using specific teaching schemes for teaching P.S.H.E and Citizenship, the skills and understanding are also taught through our [Thrive Approach](#)[®]. The Thrive Approach[®] can be used with all ages across EYFS, KS1 and KS2 and a bespoke curriculum is planned for each class matching the needs of the cohort. We place an emphasis on active learning by including the children in discussions, investigations and problem-solving activities. The children are also encouraged to take part in a range of practical activities that promote active citizenship, e.g. a pupils' school council, fundraising projects, a prefect/monitor system, role play opportunities, charity fundraising, participating in special events such as termly Masses, celebrations and develop their skills or projects promoting healthy eating, etc.

Relationship and Sexual Education (RSE) forms part of the Health Education and Science Curriculum in school and is rooted in our Catholic Faith. RSE is taught throughout the school using the scheme “A Journey in Love”, which is approved by the Westminster Diocese. [The curriculum teaching aids can be viewed here](#). Pupils are taught about the importance of respecting and caring for one another. In Year 5 and Year 6 our pupils learn about the importance of a loving relationship and how their bodies will change through puberty.

In September 2021 we took the decision to roll out our use of The Zones of Regulation, previously used with identified individuals, as a whole school approach. This has helped us develop a common language across the school through which to discuss emotions and behaviours. Teachers share the content of the curriculum flexibly with their classes in line with their age and stage of development and in response to the needs of the cohort. Some individuals and small groups work more intensively with the materials to support their particular needs.

Impact

We recognise the need for our provision in PSHE to meet the needs of all our pupils and the different circumstances they may find themselves in. This is reflected in the personalised and additional provision in place through group or one to one [Thrive](#)[®] provision.

At the end of each year, pupils have developed their skills and have gained a new understanding of issues and how to keep themselves healthy, safe and happy.