

PSHE Policy

OUR MISSION STATEMENT

St. Peter's Catholic Primary School is a Christ-centred family where every individual person is celebrated with joy and is truly valued.

We nurture caring, supportive relationships based on mutual respect and love. We serve the different communities to which we all belong – home, school and parish, as well as our wider world.

When we welcome the child, we welcome the whole family.

We foster resilience so that we may be the best that we can be; spiritually, morally, academically, socially and physically.

We are guided by our faith, we live each day in the love of God and neighbour, and we aspire to excellence in all we do.

St. Peter, pray for us.

INTENT

At St Peter's Catholic Primary School, we deliver a fully-integrated and holistic programme in RSHE/PSHE that truly enables our children to 'live life to the full' through their personal and spiritual journey with Christ. We live, teach and learn through our God-given gifts, talents, virtues and values which ensures and confirms our belief that we are all 'Wonderfully Made' (Psalm 139). We make links to Catholic Social Teaching and its 9 principles as well as to British Values and to the protected characteristics of age, gender, disability, race and religion/belief, ensuring we are a fully inclusive school. We are 'possibilities' thinking school, which underpins the high expectations that we have of the 'whole' child, no matter what their academic abilities are. All are inspired to aspire to the highest levels, whilst recognising that they are responsible for their own learning. We want every child to learn to respect, to believe and to achieve, and to understand the importance of working hard whilst striving to be good citizens of their communities - in school, at home and in our wider world. At St. Peter's, we all encourage each other to aspire for excellence in all we do. We respect and support one another, celebrate diversity and celebrate each other's talents and successes through a curriculum which underpins and develops these core values. We have adopted 'Life to the Full Plus' by Ten:Ten Resources as a scheme of work for PSHE and RSHE. Ten:Ten is a Catholic educational organisation, and the scheme 'Life to the Full Plus' has been approved by our diocesan bishop, school governing body and families. Following the guidance of the Bishops Conference of England and Wales and in line with the DFE, RSHE is firmly embedded in the PSHE framework. The framework is focussed on nurturing human wholeness and is integral to the spiritual, emotional, moral, social, physical and intellectual development of pupils. All RSHE/PSHE at St. Peter's is delivered through a Catholic lens. It also prepares pupils for life in modern Britain.

Children will be taught:

Appendix 1

- to know how to be healthy, both emotionally and physically
- how to manage their academic, personal and social lives in a positive way
 - what it means to be fully human, living out positive relationships with themselves and others about the fundamental building blocks and characteristics of positive friendships, family relationships, and relationships with other children
- about making moral decisions
- about families, and people of who care for us
- the skills, knowledge and understanding to be safe members of our communities and of society. (This includes online safety)

IMPLEMENTATION

Within each learning stage, there are three modules.

MODULE 1: Created and Loved by God

MODULE 2: Created to Love Others

MODULE 3: Created to Live in Community

Each module is broken down into Units of Work. From Nursery to Year 6, teachers deliver these units in standalone lessons during each half term.

We follow a prescribed pathway with the programme overviews (outlined in Appendix 1 below).

Assessment takes place at the beginning and end of each module. The activities take into account the learning objectives of the sessions within the unit, and provide 'before' and 'after' evidence that learning has taken place. This is an opportunity for discussion between teachers and children about how children have progressed and built on prior learning.

Families are regularly updated with key content of lessons through PSHE and RSHE newsletters. Where particularly sensitive topics that are to be taught, families are notified by class teachers beforehand. This allows an opportunity for parents and carers to discuss any concerns they may have with their child's teacher, the subject RE/RSHE subject lead or SLT (if needed)-largely to allay any worries that families may have about the subject matter.

The PSHE and RSHE leaders direct families to the parent portal by sending electronic links. This enables families to continue the learning that the children have encountered in school.

Throughout our school, we foster emotional literacy using the 'Zones of Regulation' which allow our children to understand how they are feeling and how to deal with these emotions.

Appendix 1

Through our general routines, in and out of the classroom, and the way in which individuals relate to each other, children are helped to form their attitudes and values. By building positive working relationships between pupils and staff, all members of our school family are valued as individuals. Children learn the need for good manners, self-discipline and appropriate behaviour in whatever situation they find themselves. Achievements outside school are celebrated at the Head Teacher's assembly each week.

IMPACT

At St. Peter's we believe that our meaningful PSHE curriculum, as well as other opportunities with which we provide our children, are key to supporting our children in becoming confident, respectful, resilient, high-achieving, tolerant and responsible members of society. Our curriculum ensures that our children are well-prepared for their life in modern Britain and in our wider world. They have a deep understanding of the Christian belief of the dignity of each individual person, made in the image and likeness of God.

Miss K Cooper and Mrs S Barber

September 2025

Review Date: September 2029, or after consultation following government directives on the teaching of RSHE in schools.

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
	Story Sessions Handmade With Love	Session 1 I Am Me	Session 1 I Like, You Like, We All Like!	Session 1 Growing Up	Session 1 Role Model	Session 1 Who's Who?	Session 1 What is the Internet?	Session 1 Safe Inside and Out	Session 1 God is Love	Session 1 Me, You, Us
		Session 2 Heads, Shoulders, Knees and Toes	Session 2 All the Feelings!	Session 2 New People, New Places Classroom Shorts		Session 2 You've Got A Friend In Me	Session 2 Playing Online	Session 2 My Body, My Rules	Session 2 Loving God, Loving Others	Session 2 When I Grow Up... Classroom Shorts
		Session 3 Ready Teddy?	Session 3 Let's Get Real			Session 3 Forever Friends		Session 3 Feeling Poorly		Session 3 'Money Doesn't Grow On Trees' Classroom Shorts
							Session 4 People Who Help Us			

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
	Story Sessions Calming the Storm	Session 1 Gifts and Talents	Session 1 Body Image	Session 1 Making Babies (Part 1)	Session 1 God Is Calling You	Session 1 Under Pressure	Session 1 Sharing Isn't Always Caring	Session 1 Types of Abuse Classroom Shorts	Session 1 The Holy Trinity	Session 1 Reaching Out
		Session 2 Girls' Bodies	Session 2 Peculiar Feelings	Session 2 Making Babies (Part 2)		Session 2 Do You Want A Piece of Cake?	Session 2 Cyberbullying Classroom Shorts	Session 2 Impacted Lifestyles Classroom Shorts	Session 2 Catholic Social Teaching	Session 2 The World of Work Classroom Shorts
		Session 3 Boys' Bodies	Session 3 Emotional Changes	Session 3 Menstruation		Session 3 Self-Talk		Session 3 Making Good Choices		Session 3 Money and Me Classroom Shorts
		Session 4 Spots and Sleep	Session 4 Seeing Stuff Online	Session 4 Hope Beyond Death		Session 4 Build Others Up Classroom Shorts		Session 4 Giving Assistance		
				Session 5 Coping with Change Classroom Shorts						