



*Living and Learning Through Christ*

# PSHE Policy

## Non-Statutory Policy

Approved by: [Vicky Palmer](#)- Deputy Head & Governors

Last reviewed on: October 2025

Next review due: Term 1 2027

We teach relationships and sex education (RSE) and health education under the [Children and Social Work Act 2017](#), in line with the terms set out in [statutory guidance](#). Pupils are expected to learn personal, social and emotional development (PSED) under the [Early Years Foundation Stage \(EYFS\) statutory framework](#).

Version	Revision date	revision description	revised by
Adopted Oct 24	Oct 25	Addition of EYFS statement Link to Jigsaw scheme	VP Governors FGB Term 1

October 2025



### *Living and Learning Through Christ*

At St Bernadette Catholic Primary School Catholicity permeates all aspects of teaching and learning. Our values and beliefs aim to provide a strong level of coherence and focus which enriches the whole child. High standards are expected and articulated so that they are made explicit to all.

#### **Aims and objectives**

Personal, social and health education (PSHE), RSE provision, citizenship and pastoral care enables children to become healthy, independent, responsible, and integrated members of society. We encourage our pupils to play a positive role in contributing to the life of the school, parish and the wider community. In doing so, we help develop their sense of self-worth and awareness that "each person is a unique creation of God and worthy of respect." We teach them how society is organised and governed. We ensure children experience the process of democracy through participation in the school council, Chaplaincy Group and a variety of roles and responsibilities. We teach Christian values, rights and responsibilities. Children learn to appreciate what it means to be a positive member of a diverse multicultural society.

PSHE is a core part of the curriculum, and is designed to teach students to stay safe, build healthy relationships, and seek help when needed. The aims of personal, social, moral and health education, citizenship and pastoral care are to enable the children to:

- Value themselves and respect others
- Know and understand what constitutes a healthy, integrated lifestyle
- Be aware of safety issues
- Understand what makes for good relationships with others and with God
- Have respect for the environment and for all forms of life
- Understand and manage their emotions
- Acknowledge and appreciate difference and diversity
- Be independent, caring and responsible members of the school and local community



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- Be positive and active members of a democratic society
- Develop self-confidence and self-esteem, and make informed choices regarding personal, spiritual, social and community issues
- Develop good relationships with other members of the school, parish and the wider community.

### **Teaching and learning style**

We use a range of teaching and learning styles including the educational programme Jigsaw which covers statutory requirements to strengthen our whole school approach to PSHE. 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 and Christian values, e.g. Charity fundraising, planning of school special events such as:

- Assembly
- Celebration of the word
- Social events
- Charity projects
- Performances

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 representatives from different faiths, other educators, health workers, police, charity representatives and various professionals, whom we invite into the school to talk about their role in creating a positive and supportive local community. There will be opportunities for children to interact with people from the local business community through workshops and assemblies.

**EYFS** children are provided with a stimulating environment and a balance of child-led and adult-supported play, fostering children's interests and responding to their needs through positive interactions. We encourage the three key characteristics of learning: playing and exploring, active learning, and creating and thinking critically creating routines, supporting language development through conversation and stories, and helping children develop social and emotional skills like self-regulation, independence, and cooperation.



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Information on the content for each year group linked to Jigsaw is available on our website <https://www.st-bernadette-pri.bristol.sch.uk/pshe-8/>

#### **PSHE and citizenship curriculum planning**

We teach PSHE and citizenship to all children in a variety of ways.

Some of the time we introduce PSHE and citizenship through other subjects, e.g. when teaching about local environmental issues in geography, we offer pupils the opportunity to explore who is responsible for the maintenance and upkeep of local parks and cycle paths. We teach a considerable amount of the PSHE and citizenship through our religious Scheme of Work and our school ethos.

We also develop PSHE and citizenship through activities and whole-school events, e.g.

- Representatives from each class meet regularly to discuss school matters and initiate projects through the School Council
- Yr 6 roles and responsibilities
- Sports ambassadors
- Monitors
- Playground buddies
- Growth mind set philosophy
- Chaplaincy group
- Mini Police scheme

We think it is important to have school trips for all year groups and a residential visit in Y6. Trips and residential visits focus on developing pupils' awareness of the world around them, social issues and helps to develop self-esteem by giving them opportunities to develop leadership and cooperative skills.

#### **Inclusion**



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We teach age appropriate content in PSHE to all children regardless of their ability. Our team provides learning opportunities matched to individual needs in a safe and supportive environment. Access to the hub is available to those who need further support for understanding and development, social communications and interactions.

#### **Assessment and Recording**

Teachers assess work in PSHE by making informal judgments as they observe them during lessons, discussion, playtime and other opportunities where children make independent choices. Learning can be seen in the class floor books.

**All adults** are responsible for encouraging and supporting PSHE in action for all children.

#### **Safeguarding Note:**

St Bernadette Primary school fully recognises the contribution it can make to protect children and support pupils in school and beyond. We are fully committed to safeguarding our pupils through prevention, protection and support. We are also committed to actively promoting the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; the pupils are encouraged to develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain. It is our duty to protect children and young people against the messages of all violent extremism and to prevent terrorism. Any concerns should be referred to the Designated Child Protection Person (Barbara Lee) or Deputy DSL, (Vicky Palmer) who have local contact details for PREVENT and Channel referrals.

*We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.*