

St. Paul's CE Primary School



**St. Paul's
C.E. Primary School**
Together on life's great adventure

PSHE and RSE Overview

'Through the love of God, we protect our school community. Together we trust, hope, persevere and flourish on life's great adventures.'

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind".

Dr. Seuss

Intent

At St Paul's, we are unified in our belief that the teaching of PSHE & RSE gives children the knowledge, skills, and experiences they need to have a successful future. We believe that all children are entitled to high-quality learning and teaching, which equips them with the skills, knowledge, and understanding they need today and prepares them well for the next step in their educational journey.

Our PSHE / RSE curriculum, whilst being modelled on statutory requirements for PSHE/RSE, is supported by the children and their PSHE/RSE needs.

Our curriculum is a thematic-based, spiral curriculum that has been designed to give children the opportunity to build upon prior learning, embed, and apply skills, as they move throughout our school.

Our PSHE curriculum intends to deliver a curriculum that is accessible to all and that will maximize the outcomes for every child so that they know more, remember more, and understand more. As a result of this, they will become healthy, independent, and responsible members of a society who understand how they are developing personally and socially and give them the confidence to tackle many of the moral, social and cultural issues that are part of growing up.

We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

Throughout our PSHE/RSE teaching, we aim to:

- Provide pupils with the knowledge, understanding, attitudes, values, and skills they need to reach their potential as individuals and within the community.
- Encourage pupils to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities.
- Allow pupils to learn to recognise their worth, work well with others and become increasingly responsible for their learning.
- Give children the opportunity to reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social, and cultural issues that are part of growing up.
- Allow children to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.
- Provide a framework in which sensitive discussions can take place.
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene.
- Help pupils develop feelings of self-respect, confidence, and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies
- RSE, as set out in the statutory guidance, enables all children to be safe and to understand and develop healthy relationships both now and in their future lives.

Implementation

At St Paul's, we strive to provide our children with learning opportunities across and beyond the curriculum, in specific lessons, circle time, special school projects, and other activities that enrich pupils' experiences. As well as discrete lessons taught during the first week of each half term. Our learning environment reinforces the PSHE curriculum through questioning, vocabulary, and discussion topics on display throughout the school. We use values-based learning, British Values, and SMSC objectives to provide these opportunities for children.

Regarding RSE specifically, RSE is taught within the personal, social, health, and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum as well as through discrete lessons using CWP(Chris Winter Project) RSE scheme.

We have developed the curriculum in consultation with pupils and staff, taking into account the age, needs, and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond appropriately so they are fully informed and don't seek answers online.

The PSHE curriculum is taught explicitly where we cover several different topics.



St Paul's PSHE LTP

Year	Autumn		Spring		Summer	
	Belonging	Keeping Safe	Getting on and falling out	Money and work	Healthy lifestyle and healthy mind	Relationships
Year 1	What rules are; caring for others' needs; looking after the environment	How rules and age restrictions help us; keeping safe online	How behaviour affects others; being polite and respectful Online actions to others Positive friendships, including online	Strengths and interests; jobs in the community	Rationing time spent online Keeping healthy; food and exercise, hygiene routines; sun safety	Relationships Education CWP
Year 2	Belonging to a group; roles and responsibilities; being the same and different in the community	Safety in different environments; risk and safety at home; emergencies	Recognising things in common and differences; playing and working cooperatively; sharing opinions Internet Safety	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Relationships Education CWP
Year 3	The value of rules and laws; rights, freedoms and responsibilities	Risks and hazards; safety in the local environment and unfamiliar places	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	Different jobs and skills; job satisfaction; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Relationships Education CWP
Year 4	What makes a community shared responsibilities	Medicines and household products; drugs common to everyday life	Respecting differences and similarities; discussing differences sensitively	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Relationships Education CWP
Year 5	Protecting the weak; standing up for others	Keeping safe in different situations, including responding in emergencies, first aid	Responding respectfully to a wide range of people; understanding prejudice and discrimination	Interests and aspirations; what influences career choices; workplace stereotypes	Healthy sleep habits; sun safety; medicines, vitamins; immunisations and allergies	Relationships Education CWP - FGM
Year 6	Valuing diversity; challenging stereotypes	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media	Expressing opinions and respecting other points of view, including discussing topical issues	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Relationships Education CWP

During lessons the following are provided;

- Adults being role models and having high expectations of the children
- A wide range of first-hand experiences and enrichment opportunities

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
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These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single-parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Parents **do not** have the right to withdraw their children from relationships education.

Impact

All children understand the importance of PSHE, RE, SMSC and British Values and the effects they can have on life in and out of school, this is evident through pupil voice and PSHE coverage monitoring by the curriculum leaders.

We firmly believe that a meaningful PSHE curriculum is the key to children becoming confident, tolerant and well-rounded adults. We hope that through our consistent, engaging and pupil focused approach that children can approach a range of real-life situations and apply their skills and attributes to help navigate themselves successfully through modern life after they leave St Paul's.