



PSHE Policy

'Together we Love, Learn and Follow Jesus'

Mission
Together we love, learn, follow Jesus
Vision
At St Joseph's Catholic Primary School, through an open and generous heart, we learn together as a family in faith, following the gospel values of love.
Values
Hope Thankfulness Collaboration Compassion Friendship Resilience Empathy Creativity Justice Respect

INTENT

PSHE education at St Joseph's Catholic Primary School aims to explore the knowledge and understanding children need to stay safe, be happy and healthy, and fulfil their potential, while preparing them for life both now and in the future. Our curriculum equips children with the skills they need to live successfully as citizens of the communities to which they belong, enabling them to celebrate diversity and treat all people with kindness and respect.

We place a strong emphasis on developing positive mental health and emotional wellbeing. Children are empowered with the knowledge of why wellbeing matters and how it can be nurtured. We aim to educate the whole child, believing that high-quality PSHE provision positively impacts the individual, the school community, the wider community and the global community. From 2025–2026, St Joseph's delivers the PSHE curriculum through 'Life to the Full Plus' (Ten:Ten), a comprehensive programme rooted in Catholic teaching and designed to support children's personal, social, emotional and spiritual development.

We also use Kidsafe, a programme specifically designed to support children's mental health and safety. Delivered by a trained professional each term, Kidsafe gives children a voice so they can speak out about their wellbeing in a supportive and safe way.

At St Joseph's, through PSHE, we aim to:

- know and understand what is meant by a healthy lifestyle
- be aware of safety issues
- understand what makes for good relationships with others
- have respect for other people and show sensitivity towards others
- be thoughtful and responsible members of their community and their school
- become active members of our democratic society
- develop self-confidence and self-esteem
- make informed choices regarding personal and social issues
- develop good relationships with other members of the community

All aims are taught through the three over-arching themes in our PSHE Curriculum:

- Module 1: Created and Loved by God
- Module 2: Created to Love Others
- Module 3: Created to Live in Community

All lessons are delivered in an age-appropriate manner. Health and Wellbeing includes physical wellbeing, healthy lifestyles, mental health, growing and changing, keeping safe and drugs, alcohol and tobacco. Relationships includes families and positive

relationships, friendships, managing hurtful behaviour and bullying, safe relationships and respecting self and others. Living in the Wider World includes shared responsibilities, communities, media literacy and digital resilience, economic wellbeing (money, aspirations, work and career) and British Values.

IMPLEMENTATION

At St Joseph's Catholic Primary School, our PSHE curriculum is carefully designed to meet the needs of our pupils while remaining fully aligned with national expectations. From 2025–2026, Ten:Ten Life to the Full Plus forms the backbone of our PSHE provision. This programme provides a clear, progressive and faith-rooted structure for teaching Relationships, Health and Living in the Wider World, ensuring consistency and high-quality learning across all year groups.

Our enquiry-based PSHE progression map outlines the learning journey from Reception to Year 6 over a two-year cycle. The curriculum is spiral in nature, meaning children revisit key themes each year, building on prior knowledge and deepening their understanding as they move through school.

Key areas of learning include:

- Families and friendships
- Safe relationships
- Respecting ourselves and others
- Belonging to a community
- Media literacy and digital resilience
- Money and work
- Physical health and mental wellbeing
- Growing and changing
- Keeping safe

Children from Year 1 to Year 6 record their learning in a PSHE book. Reception children use floor books to record their responses and progress in PSHE lessons. PSHE is taught weekly, with additional opportunities for cross-curricular links. Staff may also deliver responsive PSHE sessions when issues arise within their class.

PSHE is embedded within school life and is an important part of assemblies and collective worship, where children's spiritual, moral, social and cultural development is nurtured.

IMPACT

Assessment

By the time children leave St Joseph's Catholic Primary School, we believe our PSHE curriculum will have enabled them to develop the vocabulary and confidence needed to articulate their thoughts and feelings in a climate of openness, trust and respect.

Children will understand the meaning of *resilience* and will have developed the ability to bounce back from everyday challenges. They will show a willingness to try new things, push themselves and persevere.

The impact of the PSHE curriculum is continually monitored. Children complete baseline assessments at the start of each topic and revisit them at the end to reflect on their learning, new thinking and growing understanding.

Children will leave St Joseph's with:

- a strong understanding of how to stay safe, be healthy and maintain positive relationships
- an appreciation of what it means to be a positive member of a diverse, multicultural society
- a secure sense of self-awareness and compassion for others

REPORTING

Parents receive information about PSHE through:

- the school website
- annual reports
- parents' evenings
- newsletters

MONITORING AND EVALUATION

Monitoring and evaluation are carried out by the PSHE Coordinator through:

- work sample collection
- discussions with teachers
- observation of lessons
- pupil voice interviews
- analysis of class floor books

During lesson observations, the PSHE Subject Leader speaks informally with children to gauge their understanding and gather their views on PSHE teaching.

CPD

The PSHE Subject Leader maintains their own professional development through courses, training, curriculum meetings and e-learning. Relevant CPD is shared with staff through INSET days, staff meetings and curriculum meetings to ensure high-quality practice across the school.

Policy Updated: January 2025–2026