



Personal, Social and Health Education (PSHE) and Citizenship Policy

Mission Statement

The mission statement and aims of St Thomas More firmly reflect the belief of our school community that we are:

“Living and Learning together in the love of Christ.”

All teaching and learning is underpinned by the promotion of positive behaviour and Gospel values. As a Catholic school, it is paramount that we focus on the virtues of the **Catholic School Pupil Profile**. By promoting these virtues in all that we do, we believe our children will fulfil their God-given potential.



Philosophy

At St Thomas More Catholic Primary School, PSHE is taught as a sacred subject rooted in the belief that every human person is made in the image and likeness of God and therefore has inherent dignity and worth. Through PSHE, pupils are supported to grow in understanding of themselves and others, developing the knowledge, skills and values needed to live healthy, confident and fulfilled lives. Learning promotes respect, compassion and responsibility, encouraging pupils to recognise their unique gifts and to use them in service of the common good. PSHE also helps pupils to become good stewards of the world's resources, making thoughtful and just choices as they grow. In nurturing pupils' personal, social and moral development, PSHE supports each child to flourish as a valued individual, living out our mission of “Living and Learning together in the love of Christ.”



Intent:

Personal, social and health education (PSHE) and Citizenship enables children to become healthy, independent and responsible members of society. The umbrella of our curriculum for PSHE and Citizenship encompasses Relationships Education, Health Education, Relationship and Sex Education, Mental Health, and Online safety.

We encourage our pupils to play a positive role in contributing to the life of St Thomas More Primary School and the wider community. In so doing we help develop their sense of self worth. We teach them how society is organised and governed. We teach them about rights and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society.

The aims of PSHE and citizenship are to enable the children to:

- know and understand what constitutes a healthy lifestyle;
- develop self-confidence and self-esteem, and make informed choices regarding personal and social issues;
- have respect for others;
- understand what makes for good healthy relationships with others;
- understand appropriate behaviour within a relationship and what to do if there are issues.
- be aware of safety issues;
- know how to keep themselves and others safe online
- develop a positive mindset that builds resilience and allows children to deal with difficult situations
- be independent and responsible members of the school community;
- be positive and active members of a democratic society;
- develop good relationships with other members of the school and the wider community.



Teaching and learning style

All PSHE and Citizenship lessons are taught by members of staff that the children know well and are comfortable with - we believe this allows the children to place trust in what the adults are saying and offers opportunity for follow-up work in small groups or one-to-one as needed.

We use a range of teaching and learning styles. 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, e.g. fundraising, or involvement in an activity to help other individuals or groups less fortunate than themselves (for example CAFOD, Father Hudson's etc collections). 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 health workers, police, and representatives from the local church, whom we invite into school to talk about their role in creating a positive and supportive local community.

PSHE and citizenship curriculum planning (Implementation)

We teach PSHE and Citizenship in a variety of ways. In some instances, e.g. drugs education, Relationship and Sex Education (RSE), we teach PSHE and Citizenship as a discrete subject. This is timetabled in every class.

Some of the time, we introduce PSHE and Citizenship through other subjects. As there is an overlap between the programme of study for Religious Education and the aims of PSHE and Citizenship, we teach a considerable amount of the PSHE and Citizenship through our Religious Education lessons. The PSHE curriculum is also covered through schemes of work taught across school, including science, and Ten Ten "Living Life to the Full" (RSE).

We develop PSHE and Citizenship through activities and whole-school events, e.g. whole school assemblies. We offer a residential visit to children in Year 6, where there is a particular focus on developing pupils' self esteem and giving them opportunities to develop independence, leadership and co-operative skills.



Foundation Stage

We teach PSHE and Citizenship in Nursery and Reception classes as an integral part of the Foundation Stage. The prime area of PSED is on-going through all activities in the Foundation Stage and meets the objectives set out in Development Matters developing the child's personal, emotional and social skills in all that we do. We also support citizenship education in the Foundation Stage when we teach Understanding the World. If needed, specific sessions are planned for to ensure that the content for PSHE and Citizenship is covered appropriately and to meet the needs of the cohort.

Teaching PSHE and Citizenship to children with special needs

We teach PSHE and Citizenship to all children, regardless of ability, as we believe that it is their right to be included and access the curriculum at their level of understanding. Our teachers provide learning opportunities matched to the individual needs of children with learning difficulties, this may mean pre-teaching or additional sessions with a teaching assistant/Family Support Worker to reinforce what has been taught.

When teaching PSHE and Citizenship we take into account the targets set for individual children and individual learning styles that may need to be catered for.

Assessment and recording

Teachers assess the children's work in PSHE and Citizenship by making informal judgements as they observe them during lessons, noting the things they say and by how they present themselves in their behaviour with peers and adults. Should a teacher have a concern about a child or group of children, they should record this on a "Cause for Concern" form, and the DSL/DDSL will decide on a course of action to put further support in place. This could be: additional sessions for the whole class on a specific objective, discussing issues through individual programmes of work with



the Family Support Worker, support at lunchtime guided by lunchtime TAs, outside agencies as necessary.

Teachers report the achievements (effort) of pupils in PSHE and Citizenship to parents each year in the annual report.

Ten Ten incorporates a programme for teaching Relationship and Sex Education across the whole school. The programme is endorsed by the Birmingham Diocese Education Service (BDES) as following the teachings of the Catholic faith and age appropriate for our children. RSE can be taught across the year and parents are notified as to what is taught and when it will be taught (via the newsletter, dojo and the school website). Parents are able to withdraw their child from these sessions should they see fit, in this instance parents are invited to discuss their reasons with SLT prior to the delivery of the sessions.

Monitoring and review

The PSHE and Citizenship subject leader (Mrs Hewitt) is responsible for monitoring the standards of children's work and the quality of teaching. The subject leader monitors the subject through: observing lessons, book scrutiny of the class portfolio, discussions with pupils, monitoring daily and keeping abreast of children needing additional support- looking for patterns and trends.

The subject leader supports colleagues in the teaching of PSHE and Citizenship, by giving them information about current developments in the subject and by providing a strategic lead and direction for the subject in the school.

This policy will be reviewed every two years.

Note

This PSHE and citizenship policy should be read in conjunction with these policies:

Health, Safety and Welfare Policy,

Behaviour Policy,

Anti-bullying Policy,

RSE Policy and

PSHE Policy May 2026



Science Policy

May 2026

Review date: May 2028 or sooner if required