



St. Francis Xavier's RC Primary School

Love one another as I have loved you

PSHE policy

Our Mission

Share God's love with one another

Follow your dreams

EXcel in citizenship

Our Mission

- Be a witness to the values, teaching and beliefs of the Roman Catholic Church
- Promote achievement and enjoyment for all
- Expect the best for individuals
- Inspire learning
- Collaborate with the community
- Promote a healthy and safe lifestyle
- Create a sustainable school
- Continually strive to be effective

Aims

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

- To love learning and thirst for knowledge
- To grow in Christian love through the teachings of the scriptures
- To acknowledge and respect difference
- To love and feel loved
- To respect our environment
- To forgive and be forgiven
- Know and understand what constitutes a healthy lifestyle
- Be aware of safety issues
- Be independent and responsible members of the school community
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues
- Develop good relationships with other members of the school and the wider community
- To develop good virtues
- To promote and live our fundamental British Values

Introduction

PSHE is concerned with the total well-being of the child. As a Catholic school it is embedded in the ethos of the school as defined in the Mission Statement and Aims of the school. This policy is therefore linked very closely with the following policies:

Relational Behaviour Policy, Religious Education, Collective Worship, Science, Healthy Eating Policy, Online Safety Policy, E- Security Policy, Physical Education and Relationship and Sex Education.

The PSHE policy is concerned with:

- Personal: Developing self-management, resilience, and a sense of self-worth
- Social: Learning to cooperate with others, resolve conflicts and understand social and cultural issues
- Health: Gaining knowledge about physical health, mental wellbeing and the risks associated with things like drugs and alcohol
- Economic: building skills for future careers and understanding economic wellbeing, which includes managing money

At St Francis Xavier's we will aim, through implicit and explicit learning experiences, to:

- Nurture mutual trust and respect
- Develop understanding and tolerance
- Develop an awareness of social, economic, political and ecological issues
- Develop positive attitudes to health and encourage the development of healthy life choices
- Foster self-respect and self-esteem among all members of the community
- Develop a respect for God and each other through the ethos of the school community and the teaching of the gospel
- Prepare children for the opportunities, responsibilities and experiences of adult life
- Within the school community, children will be given opportunities to work on feelings and to practice personal and interpersonal skills

Leadership

There is a designated coordinator for PSHE (Mrs Christopherson) and RE/RSE (Mrs Thompson) who will work closely with the respective coordinators of Science and Physical Education. It is therefore anticipated that much of what is taught will be through cross curricular links, collective worship and house assemblies (often a theme for collective worship or house assemblies identifies, promotes and celebrates one of the school's virtues) and other activities or school events.

How the PSHE programme is delivered

PSHE is delivered through a variety of approaches and using Archdiocesan approved resources such as:

- The Jesuit Pupil Profile. This resource instils virtues encouraging the children to be eloquent and truthful, learned and wise, curious and active, intentional and prophetic, grateful and generous, attentive and discerning, compassionate and loving and faith-filled and hopeful.
- Catholic Social Teaching. Pupils focus on one of the principles of Catholic social teaching half termly and a clear mission is delivered during a CST whole school assembly. Pupils are encouraged to live out their faith through class projects that the children have chosen themselves.
- Come Follow Me. Pupils receive a lesson on a Gospel story using prayer and puppets as a whole school assembly. They are encouraged to think about how they can live out the Gospel in their own lives and deepen their relationship with others and with God.

- Tenten and A Fertile Heart- both are resources to deliver the RSE programme but Tenten also incorporates PSHE lessons with Live Life to the Full Plus. This programme has lessons on Money Matters, Being Safe online, The World of Work, Rights and Responsibilities and Coping with Change.

We have whole school assemblies and workshops with the NSPCC to teach the children to Speak out and stay safe annually.

We invite speakers into school to promote personal safety and awareness, such as the Blue Cross for a talk on Dog Safety.

We participate in Internet Safety Week but also teach online safety in every computing lesson or when pupils are using devices.

We invite speakers from the Wellbeing and Emotional Support Team (NHS) to deliver talks for the children and their parents on Coping with Anxiety and Building Resilience.

Our Curriculum lenses also promote wellbeing. These are:

Aspiration: When I Grow Up I will be...

Eloquence: I can speak so that others understand

Enquiry: I can think and find out

Resilience: I understand the power of YET and

Spirituality: I am a child of God

All children will regularly have workshops with the NSPCC and other organizations such as The Blue Cross, who deliver talks on Dog Safety (September 2025) or Money Heroes who deliver lessons on Financial Awareness. All pupils receive ongoing online safety education as part of the Computing Curriculum using Teach Computing resources.

All children will be taught to understand Fundamental British Values and their individual role in promoting and developing their understanding of them. To raise the profile of respect and tolerance we have Respect and Tolerance Week each Spring term with each class focusing on a significant individual from history who promoted respect and tolerance. We held a Culture Day in summer 2025 to celebrate diversity in our school, studying different cultures and countries and enjoying Indian dancing and Morris Dancing throughout the day. Our MFL day reminds the children of the power of speaking a modern foreign language such as French.

We promote democracy with the election of house captains and eco councillors. We participate in Parliament Week and will enjoy a visit from our local M.P. Pupils can lead others by being a prayer leader or a playground pal.

We foster links with schools in other countries so that pupils aim to be 'Pilgrims of Hope' and understand the impact of individual actions. Pupils have contact with schools in Besancon, France, Ukraine, Egypt and locally with a Church of England school who have connected our prayer leaders at both schools.

Inclusion and Special Educational Needs and Disabilities

PSHE should:

- Address children's individual needs
- Increase access to the curriculum
- Enhance learning skills and develop previous knowledge

It is recognized that some children who have SEND also have difficulties in some areas of PSHE and social interaction. Staff will carefully monitor the progress of these children and respond appropriately to ensure inclusion and belonging.

A Healthy School Environment

We seek to achieve:

- A warm and supportive social environment promoting positive relationships and high esteem for all
- A rich and diverse cultural environment that reflects the universality of the Global Church
- A safe and aesthetically pleasing environment
- An environment where healthy choices are established and valued
- An environment where the health and wellbeing of the staff is considered important and adults provide positive role models
- Healthy snacks (No red food labels) at break time and daily fruit in KS1
- An opportunity to learn about the importance of healthy eating and exercise- Healthy Lifestyles Week
- Diet and exercise- Science Autumn Term Year 6
- Silver School Games Mark
- ECO- Council and ECO Club implementation of the Climate Action Plan and Let's Go Zero campaign
- Healthy and Balanced Food- healthy eating week and in DT/Science curriculum
- Gardening Club- how we grow our own food or support wildlife
- Sport and being active: our active zone with sports coaches
- Tournaments for all children to participate- Here Girls Can and Quicksticks etc.
- Active lunchtime games with zoned areas to interest all children
- Year 4 Teeth and Digestion with visit from Dentist / Hygienist

Drug Education

At St Francis Xavier's we acknowledge that drugs affect all communities in modern society. We therefore have a moral and legal obligation to the children in our school to address this issue and ensure that all is done to inform them about the risks and consequences of drug misuse and other substances including alcohol, tobacco and solvents.

Aims

Through implicit and explicit learning experiences we aim to:

- Help children to understand the beneficial part prescribed drugs must play in our society
- Teach children that all medicines are drugs, but not all drugs are medicines
- Educating children on how to make informed choices
- Increase children's knowledge of the dangers of smoking, alcohol abuse, the use of solvents and drug abuse
- Teach strategies to help children resist pressure from their peers
- This will be taught through the curriculum. Children will also be given frequent and regular opportunities to reflect and examine their feelings and to practice personal and interpersonal skills. We value and respect the learning that occurs in the community and in the home and we believe that these values, alongside school links, are an

essential part of drug education.

Drug Education Guidance

Drug Education and National Curriculum

During Year 6, as part of the Science curriculum, the children will study drugs, their uses and their misuse. They will look at the effects of smoking and alcohol.

Health and Safety

All forms of illegal substance are forbidden on school premises. The school has a non-smoking policy that must be observed by all those who visit it. We rely on the support of the staff, the governors and the parents in implementing this programme.

As part of the wider school curriculum, pupils learn how to stay safe as a pedestrian, how to care for their teeth, how to stay safe when using electricity, water safety around canals and waterways and about the effects of substance abuse.

Medicines

Medicines will not be administered without written permission from parents and must be clearly prescribed for the relevant child. Medicines will normally be administered by the First Aider or Pediatric First Aider who will follow procedures laid down in the First Aid Procedure following The Health and Safety Policy.

Relationships and Sex Education (RSE)- See RSE Policy agreed with the Archdiocese of Cardiff

Aim

Young people need much help and guidance in their struggle to live out their lives as members of the Christian family, in accordance with Christ's law of love. Hence we aim:

- to provide a programme of sex and relationships education in the context of Christian and family values;
- to encourage personal responsibility in all matters of choice and behaviour;
- to encourage respect and consideration for others;
- to encourage Christian values of morality and love, within a family setting;
- to have an awareness of where our pupils are in their knowledge and understanding, so that their concerns can be identified;
- to emphasise that love is the centre and basis of meaningful relationships;
- to help pupils develop the courage to resist peer, social and media pressures to conform to present day attitudes to sexual behaviour;
- to raise pupils' self-esteem, recognizing that they are created in the image of God.

Strategies for teaching and learning

Sex and relationships education is an integral part of the overall RE, science and PSHE programmes; it is not a 'bolt-on' extra. While some aspects of the sex education programme form part of the National Curriculum requirements, the emphasis is on their delivery within a moral framework through the use of appropriate themes. Each teacher follows the RED for RE and for RSE we use 'Ten Ten Resources' and 'The Fertile Heart' which is compiled in such a way as to present a Catholic vision as directed by the Archdiocese of Cardiff. We use Live Life to the Full in RSE (as part of Ten Ten) which includes 'Live Life to the Full Plus' for PSHE. Please see planning overview 2025 for an overview of content- as directed by the Archdiocese,

combining 'Ten Ten' and 'A Fertile Heart,' including our PSHE programme.

We value and respect the learning that occurs in the community and in the home, believing that these, alongside school links, are essential dimensions of sex education. It is important to involve parents, whenever possible, about the Relationships and Sex Education programme within the curriculum. Parents have the right to withdraw their child from receiving Relationships and Sex Education at school.

This policy was adopted by the Full Governing Body of St Francis Xavier's RC Primary School on 10th November 2025.

The policy will be monitored by members of the Senior Management Team and Chair of the Pastoral Support Committee and will be reviewed biannually.

Signed: *D Hillyer*

Date: 10.11.25

Chair of Pastoral Support
Committee

Signed: *E Christopherson* Date: 10.11.25

Headteacher