

PSHE and RSE



As a Church of England Academy, our vision and values are at the heart of everything we do. They play a vital part in our pupils' education and in their spiritual, moral, social and cultural development.

“St Cleopas is an inclusive community that nurtures and develops opportunities for lifelong learning on our journey walking alongside Jesus, opening our eyes and hearts to all.”

Our vision is inspired by the words of Jesus in **John 13:34**:

“As I have loved you, so you must love one another, then everyone will know that you are my disciples.”

This vision is central to our approach to Personal, Social, Health and Economic Education (PSHE) and Relationships and Sex Education (RSE). We want every child to feel valued, respected, safe and loved, while developing the knowledge, vocabulary, confidence and resilience they need to understand themselves, build positive relationships and make a positive contribution to the world around them.

Our school values of joy, courage, compassion, forgiveness, respect and friendship are woven throughout our PSHE and RSE curriculum and, importantly, are lived out across the whole school community.

Our Intent



Intent- What?

Our PSHE and RSE curriculum is designed to support children in becoming socially, emotionally, morally, spiritually and physically healthy and resilient young people.

We place the child at the centre of our curriculum and recognise that PSHE is much more than a weekly lesson. Our intention is to create an environment in which the knowledge, vocabulary, skills and values children encounter become part of their everyday lives.

Through PSHE and RSE, we aim to:

- develop children's self-awareness, confidence and emotional literacy;
- give children the language and vocabulary to talk about their feelings, relationships, experiences and wellbeing;
- develop children's emotional repertoire and their ability to manage challenges, change and uncertainty;
- support children to build healthy, respectful and positive relationships;
- develop an understanding of personal boundaries, safety and how to seek help;
- support positive mental health, physical health and emotional wellbeing;
- develop resilience, courage and the confidence to make positive choices;
- encourage compassion, empathy, forgiveness and respect;
- celebrate diversity and develop an understanding of different beliefs, cultures, identities and experiences;
- develop children's understanding of their rights, responsibilities and role within different communities;
- enable children to make informed, responsible and safe choices, both online and offline;
- prepare children for life in modern Britain and the opportunities and responsibilities that come with it;
- encourage children to consider how their actions can make a positive difference to others and to the wider world.

Above all, we want our children to understand what it means to love one another, recognising the dignity and value of every individual as they journey through life walking alongside Jesus.

Our Whole-School Approach

The uniqueness of our PSHE provision comes from the fact that learning does not stop when the lesson ends.

We have a genuine and embedded whole-school approach, recognising that children learn as much from the environment around them, the relationships they experience and the adults who model positive behaviour as they do from a curriculum lesson.

Our approach is reflected throughout school life through:

- progressive and spiral PSHE and RSE learning;
- shared language and vocabulary;
- assemblies and collective worship;
- adult modelling of our school values;
- opportunities for social interaction and cooperative games;

- discussions around current affairs and issues affecting our community and wider world;
- links to Christian beliefs, faith and different worldviews;
- opportunities to practise forgiveness, reconciliation and respectful relationships;
- our behaviour and pastoral approaches;
- opportunities for pupil voice and children to express their thoughts and opinions;
- safeguarding and learning about how to keep ourselves and others safe;
- the everyday relationships between children and adults.

In this way, PSHE becomes part of the culture and lived experience of our school, rather than simply a subject taught in isolation.

How We Implement PSHE and RSE



Implementation – **How?**

We use **Kapow Primary PSHE and RSE** as the foundation for our curriculum, personalising and enriching the resources to meet the needs of our pupils and our school community.

Kapow provides a progressive and spiral curriculum, enabling children to revisit and build upon important knowledge, vocabulary and skills as they move through school. Its positive philosophy and creative teaching and learning activities support children's development as compassionate, confident and well-rounded human beings, while building their capacity to learn.

Learning is carefully sequenced and encompasses areas including:

- **Family and relationships**
- **Health and wellbeing**
- **Safety and the changing body**
- **Citizenship**
- **Economic wellbeing**
- **Identity**
- **Community and belonging**

Teachers use their professional knowledge of our children to adapt and enrich learning, ensuring that lessons are accessible, relevant, inclusive and age-appropriate.

PSHE learning is reinforced through our wider curriculum, collective worship, assemblies, pastoral provision and the everyday experiences of school life.

Relationships and Sex Education

RSE is an important part of our wider PSHE curriculum. In line with statutory requirements and national guidance, children develop age-appropriate knowledge and understanding of relationships, families, friendships, respect, personal boundaries, safety, growing and changing, and how to recognise and seek help when something does not feel right.

Our Christian vision provides a strong foundation for this learning. Children are encouraged to consider what it means to treat themselves and others with dignity, respect, compassion and kindness, reflecting Jesus' command to love one another.

We provide a safe, supportive environment where children can ask questions, develop appropriate vocabulary and talk respectfully about matters which affect their lives.

We recognise the importance of working in partnership with parents and carers and provide information about our RSE curriculum and the content children will encounter.

Supporting Mental Health, Wellbeing and Safeguarding

The wellbeing and safety of our children are central to our PSHE provision.

Children are supported to recognise and name emotions, understand how their feelings can change, develop strategies for managing difficulties and know when and how to seek help.

Through PSHE, RSE and our wider safeguarding curriculum, children develop an understanding of personal safety, healthy relationships, boundaries, risk and staying safe both online and offline.

Our whole-school approach means that children also benefit from the consistent modelling and language used by adults across the school.

British Values

The British Values are embedded within our

PSHE curriculum and wider school life.

Through discussion, stories, Picture News, assemblies and practical experiences, children develop their



understanding of:

Democracy – having a voice, listening to others and understanding how decisions can be made fairly.

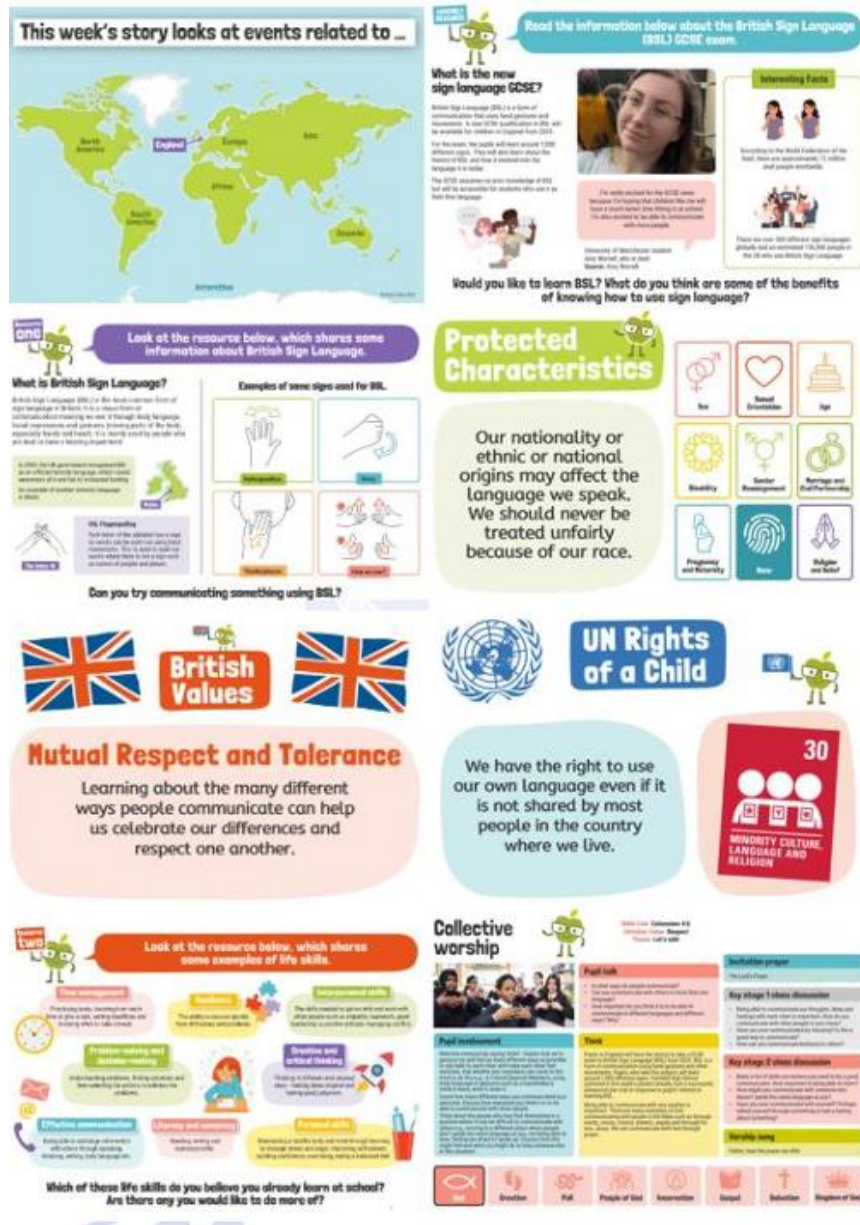
The Rule of Law – understanding why rules, boundaries and expectations are important and how they help communities to live safely and fairly together.

Individual Liberty – developing independence and learning to make safe, informed and responsible choices.

Mutual Respect – recognising the dignity, views, beliefs and experiences of others.

Tolerance of those with different faiths and beliefs – developing understanding of and respect for the diverse communities in which we live.

These values complement our Christian ethos and school values, helping children to understand their responsibilities to themselves, one another and the wider community.



Picture News

Picture News provides another valuable dimension to our PSHE provision.

Through regular opportunities to explore current events and issues, children are encouraged to open their eyes and hearts to the world around them.

Children discuss real-world issues, consider different perspectives, ask questions and develop the confidence to express their views respectfully. These conversations help children develop empathy, compassion, critical thinking, communication skills and a sense of responsibility.

Picture News also provides opportunities to connect current issues with our Christian vision and values, encouraging children to consider how they might respond to the needs of others and make a positive difference in their community and wider world.

Week	News Story	Focus Question	British Value Link	Protected Characteristics	Bible Link	UN Article
8 th April	Following announcements regarding the health of both King Charles III and Kate, the Princess of Wales, the Royal Family has released statements requesting privacy.	Should everyone be allowed to lead a private life?	Rule of Law	Age	Psalms 139: 1-4	 16 PROTECTION OF PRIVACY
15 th April	A new artwork, from the mysterious street artist Banksy, appeared in North London overnight in March. It has since been defaced with white paint.	What does art mean to you?	Mutual Respect and Tolerance	Religion or Belief	Exodus 31: 1-7	 31 RIGHT TO PLAY
22 nd April	Scottish runner, Jasmin Paris, has become the first female runner to complete what is thought by many to be the world's toughest race, the Barkley Marathons in Tennessee, USA.	Can you learn to persevere?	Individual Liberty	Sex	2 Timothy 4: 7-8	 29 RIGHT TO EDUCATION
29 th April	Stef Reid, a former Paralympian medal-winner who represented Canada and Great Britain, is asking Nike and other sportswear companies to start selling individual trainers to single-leg amputees.	How can shops make sure everyone feels represented?	Democracy	Disability	Matthew 5: 14-16	 23 RIGHT TO WORK
6 th May	A new study from the Journal of Archaeological Method and Theory, using evidence found in northwestern Italy, has found that Neanderthals (an extinct relative of humans) organised their living areas in a similar way to people today.	Can the past help us to learn about modern life?	Individual Liberty	Religion or Belief	Romans 14: 17	 28 RIGHT TO EDUCATION
13 th May	Cambridge University has returned four spears to the descendants of an indigenous community in Australia, who crafted them.	What is your identity?	Mutual Respect and Tolerance	Race	John 14: 6-7	 30 RIGHT TO CULTURE
20 th May	An all-girls football team has won a league dominated by boys' teams, after going unbeaten for an entire season.	Is it fair to judge others based on first impressions?	Democracy	Sex	1 Samuel 16: 7	 12 RIGHT TO BE HEARD

Our Values in Action

Our six school values provide a consistent language through which children can understand and reflect upon their behaviour, relationships and choices.

Joy – developing a positive outlook and celebrating ourselves, others and our achievements.

Courage – having the confidence to try new things, speak up, ask for help and make positive choices.

Compassion – recognising the feelings and needs of others and responding with kindness and empathy.

Forgiveness – understanding that everyone makes mistakes and learning how relationships can be repaired through forgiveness and reconciliation.

Respect – valuing ourselves and others, recognising difference and treating everyone with dignity.

Friendship – developing healthy, supportive relationships built on trust, kindness and mutual respect.

These values are not simply taught; they are modelled, practised and experienced throughout school life.

The Impact of Our PSHE and RSE Curriculum



Impact – **so what?**

We know that effective PSHE should have an impact beyond the classroom. We therefore look not only at what children know, but at how they apply their learning in their relationships, behaviour, choices and everyday experiences.

We monitor and evaluate the impact of our curriculum through:

- pupil voice and pupil discussions;
- teacher observations;
- assessment of knowledge, understanding and vocabulary;
- work scrutiny;
- lesson reflection and discussion;
- monitoring the progressive development of knowledge and skills;
- pastoral information and wider observations of children's wellbeing;
- feedback from pupils, staff and families;
- children's ability to apply their learning to real-life situations;
- the way children demonstrate our school values in their everyday interactions.

We look for children who are increasingly able to:

- understand and express their emotions;
- communicate confidently and respectfully;
- build healthy and positive relationships;
- recognise and respect personal boundaries;
- resolve difficulties and disagreements appropriately;
- recognise unsafe situations and know how to seek help;
- show compassion, empathy and forgiveness;
- appreciate and respect difference;
- make safe, informed and responsible choices;
- understand their responsibilities within their school and wider community.

Most importantly, we consider whether our curriculum is making a difference to the culture and lived experience of our school.

We want to see our values reflected not only in children's work, but in the way children speak to one another, support each other, resolve disagreements, welcome difference, show forgiveness and contribute to our community.

The Child at the Heart of Our Mission

Our PSHE and RSE curriculum is part of our commitment to ensuring that the child is at the heart of our mission.

Through our curriculum, relationships, modelling, assemblies, discussions and everyday experiences, we seek to create an environment where children can flourish as confident, compassionate and resilient individuals.

Our vision of “walking alongside Jesus, opening our eyes and hearts to all” reminds us that education is a journey. We walk that journey together, nurturing children to understand themselves, care for others and recognise their place in God's world.

In doing so, we seek to live out the words of Jesus:

“As I have loved you, so you must love one another.”

John 13:34

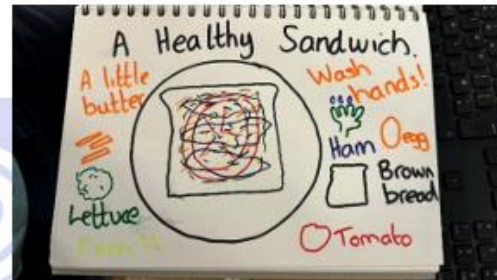
At St Cleopas, PSHE is therefore not simply a subject. It is part of how we live, learn and grow together as a community walking alongside Jesus.

Expected standards

NURSERY



RECEPTION



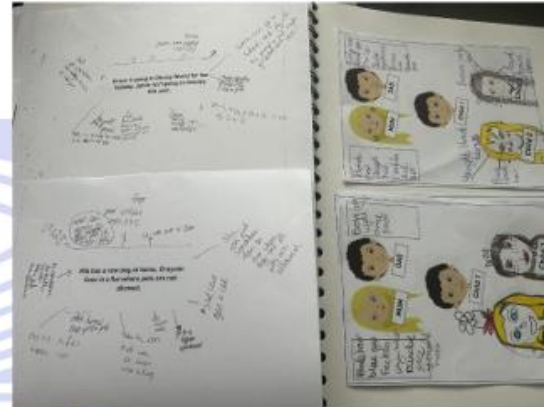
YEAR 1



YEAR 2



YEAR 3



YEAR 4



