

NOTRE DAME PREP SCHOOL PSHE POLICY

NOTRE
DAME
SCHOOL



WE ARE ALL EDUCATORS.....
ACCOMPANYING YOUNG PEOPLE IN THEIR EFFORTS TO BUILD
THEIR LIVES FOR TODAY AND TOMORROW.'
Saint Jeanne de Lestonnac, our foundress.

This policy is applicable to all pupils, including those in the EYFS.

Aims

At Notre Dame Prep School, we firmly believe that a high-quality education in Personal, Social, Health and Economic Education (PSHE) enables children to become healthy, confident, responsible and independent members of society who act with compassion, integrity and respect towards themselves and others. Through PSHE, pupils are encouraged to make a positive contribution to the life of the school and wider community, developing a strong sense of self-worth and an understanding of their role within society.

As a Catholic school, we recognise the dignity and uniqueness of every child. PSHE is at the heart of our curriculum and supports the intellectual, moral, social, spiritual and emotional development of all pupils. In an ever-changing world, we aim to equip children with the knowledge, skills and values needed to navigate challenges, build positive relationships, safeguard their wellbeing and become active citizens.

Through our PSHE provision, we aim to:

- Promote positive physical, emotional and mental wellbeing.
- Develop confidence, resilience, independence and self-awareness.
- Foster healthy, respectful and positive relationships.
- Equip pupils with the knowledge and skills to keep themselves safe.
- Encourage responsible citizenship and an understanding of British Values.
- Develop respect for diversity and appreciation of others.
- Support pupils in becoming active and caring members of their communities.
- Prepare children for the opportunities, responsibilities and experiences of later life.
- Promote and celebrate the school's Living Life to the Full (LLTFF) values of Love, Learning, Trying, Trust and Friendship.
- Encourage pupils to apply PSHE learning in their everyday interactions, relationships and experiences.

Intent

Our PSHE curriculum is designed to develop the whole child through carefully planned and progressive learning experiences that support personal growth, wellbeing, safety and citizenship.

At Notre Dame Prep School, PSHE is delivered through a combination of Ten Ten: Life to the Full and Coram Life Education SCARF. This blended approach enables us to provide a broad, balanced and engaging curriculum that reflects our Catholic ethos and values whilst ensuring comprehensive coverage of the personal development themes we wish our pupils to experience.

Through PSHE, pupils develop the knowledge, skills and attributes needed to thrive both now and in the future. The curriculum supports children in understanding themselves and others, building positive relationships, making informed choices, managing risks and becoming active, responsible members of society.

Together, the programmes provide opportunities for pupils to:

Develop emotional literacy and resilience.
Build and maintain positive relationships.
Understand how to keep themselves safe.
Respect diversity and difference.
Understand their rights and responsibilities.
Make informed choices about their health and wellbeing.
Become active and responsible citizens.
Develop safeguarding awareness and know how to seek support when needed.

PSHE makes a significant contribution to pupils' Spiritual, Moral, Social and Cultural (SMSC) development. Through planned learning experiences, pupils are encouraged to:

Develop self-awareness, confidence and a sense of personal identity.
Reflect on their own beliefs, values and experiences whilst respecting those of others.
Understand the difference between right and wrong and take responsibility for their actions.
Build positive relationships based on mutual respect, empathy and kindness.
Appreciate and celebrate diversity within the school community and wider society.
Develop an understanding of their role and responsibilities as active citizens.
Engage thoughtfully with social, moral and ethical issues.
Contribute positively to the life of the school and the wider community.

Through our Living Life to the Full (LLTFF) approach, pupils are encouraged to actively demonstrate the values of Love, Learning, Trying, Trust and Friendship in their daily lives. These values provide a practical framework through which children can apply their learning beyond the classroom, helping to ensure that PSHE is not only taught as a curriculum subject but experienced as part of the wider culture and ethos of the school.

Spiritual, Moral, Social and Cultural Development (SMSC)

PSHE makes a significant contribution to pupils' Spiritual, Moral, Social and Cultural (SMSC) development. Through planned learning experiences, pupils are encouraged to:

Develop self-awareness, confidence and a sense of personal identity.
Reflect on their own beliefs, values and experiences whilst respecting those of others.
Understand the difference between right and wrong and take responsibility for their actions.
Build positive relationships based on mutual respect, empathy and kindness.
Appreciate and celebrate diversity within the school community and wider society.
Develop an understanding of their role and responsibilities as active citizens.
Engage thoughtfully with social, moral and ethical issues.
Contribute positively to the life of the school and the wider community.

Through this work, pupils are equipped to become compassionate, respectful and responsible individuals who are prepared for life in modern Britain.

The school's Living Life to the Full (LLTFF) values provide a practical framework through which pupils are encouraged to apply these skills and values in their everyday interactions and experiences.

British Values

Within our PSHE curriculum, pupils develop an understanding of:
Democracy
The Rule of Law
Individual Liberty

Mutual Respect
Tolerance of Different Faiths and Beliefs

These values are taught both explicitly and implicitly through our PSHE curriculum and wider school life.

Implementation

At Notre Dame Prep School, PSHE and RSE are delivered through a carefully planned Programme Pathway which combines learning from both Ten Ten: Life to the Full and SCARF.

The curriculum is organised around six core half-termly themes:

Autumn 1

Me and My Relationships

Autumn 2

Valuing Difference

Spring 1

Keeping Safe

Spring 2

Rights and Respect

Summer 1

Being My Best

Summer 2

Growing and Changing

Within each theme, lessons have been carefully selected from both programmes to ensure broad and balanced coverage of the PSHE curriculum.

Programme Pathways have been created for each key stage and year group to provide clear progression and consistency across the school. Teachers follow the agreed pathways whilst adapting lessons where appropriate to meet the needs and context of their classes.

Some lessons may require teachers to review, personalise or adapt content prior to delivery in order to ensure it is relevant and meaningful for our pupils.

PSHE is taught through timetabled lessons using a range of engaging teaching approaches, including:

Discussion and debate
Group work and collaborative activities
Role play and drama
Reflection and pupil voice activities
Age-appropriate videos and online resources
Practical and experiential learning opportunities

Teachers are encouraged to make links across the curriculum and reinforce PSHE themes throughout school life whenever appropriate.

It is not the school's policy to withdraw pupils with SEND from PSHE lessons in order to access other interventions. Learning will be adapted and additional support provided where necessary to ensure all pupils can access the curriculum successfully.

Assessment

Assessment forms an important part of teaching and learning within PSHE.

For every half-termly topic, pupils complete:

A pre-unit assessment

A post-unit assessment

These assessments enable teachers to:

Identify pupils' prior knowledge and understanding.

Measure progress over time.

Address misconceptions.

Inform future planning and teaching.

Evaluate the impact of the curriculum.

In most cases, teachers will use SCARF assessment materials. Where a unit contains a significant amount of learning from Ten Ten, teachers may choose to use the relevant Ten Ten assessment resources.

All pre-unit and post-unit assessments should be completed and retained for every topic studied.

Assessment information will continue to be reviewed to ensure that it effectively demonstrates pupil progress and the impact of our PSHE provision.

Floor Books

Floor Books are used across the school to record and celebrate PSHE learning.

Where appropriate, additional PSHE learning that does not directly relate to either programme will be recorded separately within the Floor Book.

Floor Books provide evidence of curriculum coverage, pupil engagement and progression throughout the year.

Pupil Voice

Pupil voice forms an important part of PSHE at Notre Dame Prep School. Through discussions, reflections, Floor Books and pupil feedback, children are encouraged to share their views about their learning and contribute to the ongoing development of the PSHE curriculum.

Teaching & Learning Environment

At Notre Dame Prep School, we are committed to creating a safe, supportive and inclusive learning environment in which all pupils feel valued and respected.

Teachers establish clear expectations and class agreements which promote:

Respectful discussion

Active listening

Inclusion

Kindness and empathy
Appropriate confidentiality

Pupils are encouraged to ask questions, express opinions and engage thoughtfully with different viewpoints.

Teachers respond to pupils' questions honestly, sensitively and in an age-appropriate manner.

Where pupils require additional support, this may be provided through pastoral systems, wellbeing support, ELSA provision or other appropriate interventions.

Safeguarding

Safeguarding is central to the delivery of the PSHE curriculum.

Through PSHE, pupils learn how to:

- Keep themselves safe.
- Recognise risky situations.
- Build healthy relationships.
- Stay safe online.
- Protect their mental wellbeing.
- Understand personal boundaries.
- Recognise when they need help.
- Seek support from trusted adults.

Online safety, personal safety, emotional wellbeing and respectful relationships remain key themes throughout all year groups.

Any safeguarding concerns, disclosures or welfare issues arising during lessons will be managed in accordance with the school's Child Protection and Safeguarding Policy.

Inclusion and Diversity

Notre Dame Prep School values and celebrates diversity.

Our PSHE curriculum acknowledges and respects the wide range of backgrounds, experiences, cultures and beliefs represented within our school community and wider society.

Teaching promotes:

- Respect for others.
- Inclusion and equality.
- Understanding and empathy.
- Appreciation of diversity.
- Positive relationships.

Through PSHE, pupils learn to value both themselves and others and to recognise the contribution that every individual makes to society.

Early Years Foundation Stage

In the EYFS, PSHE is embedded throughout daily routines, continuous provision, child-led experiences and adult-directed learning.

Children are supported in developing:

Positive relationships.
Confidence and independence.
Emotional awareness.
Self-care and personal hygiene skills.
Communication and social skills.
An understanding of safety and wellbeing.

Learning opportunities arise naturally through play, discussion, stories, group activities and everyday experiences.

Awareness Days and Enrichment

The PSHE curriculum is enhanced through participation in relevant awareness days, themed weeks and enrichment opportunities throughout the school year.

These may include:

Anti-Bullying Week
Odd Socks Day
Children's Mental Health Week
Mental Health Awareness initiatives
Other relevant national or local campaigns

These experiences help reinforce key PSHE themes and support pupils' personal development and wellbeing.

A programme of annual awareness events is identified through the school's Key Events Booklet and may be adapted to meet the needs of individual year groups.

Monitoring and Review

The PSHE Subject Leads are responsible for:

Monitoring the implementation and effectiveness of the PSHE curriculum.
Supporting staff with planning, assessment and curriculum delivery.
Ensuring statutory requirements are met.
Keeping up to date with current guidance and best practice.
Identifying strengths and areas for development.
Reporting to the Senior Leadership Team on the quality of PSHE provision.

Monitoring activities may include:

Lesson observations.
Learning walks.
Pupil discussions and pupil voice activities.
Planning scrutiny.
Assessment reviews.
Floor Book monitoring.
Staff feedback.

The school is committed to providing appropriate professional development and training to ensure staff remain confident in delivering high-quality PSHE education.

The Subject Leads work alongside teaching staff and senior leaders to ensure that PSHE remains an effective and valued part of the curriculum.

Monitoring also includes consideration of how effectively PSHE values are embedded across the wider life of the school, including the implementation of the Living Life to the Full (LLTTF) award system and pupil engagement with the school's values.

PSHE Beyond the Curriculum

At Notre Dame Prep School, PSHE is not confined to discrete lessons. We believe that the values, attitudes and behaviours promoted through our PSHE curriculum should be embedded in everyday school life and experienced by pupils through the wider culture of the school.

The themes explored through Ten Ten: Life to the Full and Coram Life Education SCARF are regularly reinforced through classroom interactions, assemblies, pastoral care, enrichment opportunities, educational visits, charity work, pupil leadership opportunities and daily relationships across the school community.

To further embed these values, we have developed our own bespoke values-based recognition system, Living Life to the Full (LLTTF), which has been adapted from the SCARF values and reflects the unique ethos of Notre Dame Prep School. The LLTTF values are:

Love
Learning
Trying
Trust
Friendship

These values underpin expectations for behaviour, relationships and personal development across the school and provide a shared language through which pupils can understand and celebrate positive choices and contributions.

Pupils are encouraged to demonstrate the LLTTF values in their daily lives. Staff actively recognise and celebrate examples of pupils living out these values through our bespoke Living Life to the Full Award system. Pupils who exemplify one or more of the LLTTF values are awarded a certificate, which is presented and celebrated during weekly whole-school assemblies. This helps to foster a culture of kindness, resilience, aspiration, integrity and mutual respect throughout the school community.

By embedding PSHE through everyday experiences and recognising positive role models, we aim to ensure that pupils not only learn about values and wellbeing but actively live them out as members of the Notre Dame community.

Impact

As a result of our PSHE curriculum, pupils will:

Understand how to look after their physical, emotional and mental wellbeing.
Demonstrate resilience, confidence and independence.
Build and maintain healthy, respectful relationships.
Appreciate diversity and difference and show respect for others' beliefs, cultures and experiences.
Demonstrate the values of responsibility, empathy, respect and active citizenship.
Make informed and responsible decisions.
Know how to stay safe in a range of contexts, including online.
Recognise their role within the school community and wider society.
Know where and how to seek help when needed.

Through these experiences, pupils develop the knowledge, skills and attributes required to flourish as compassionate, responsible and engaged members of society, fully prepared for the opportunities and challenges of life in modern Britain.

Our combined Ten Ten and SCARF approach, together with the school's Living Life to the Full (LLTTF) values, provides a strong framework for supporting wellbeing, safeguarding, personal development and preparation for life in modern Britain. Pupils are encouraged not only to learn about positive values and behaviours, but to actively demonstrate them through their relationships, learning and contribution to the school community.

Policy Reviewed By: Charlotte Harris

Review Date: September 2026

Next Review Date: September 2027