



All Saints Academy

PSHE Policy

Date of Policy	November 2025	Responsibility	Trustees
Date of review	November 2027	Approval date	
Commitment to equality	At All Saints Inter Church Academy we believe that the provision of an outstanding education which develops a wide range of skills is crucial for opening up opportunities and increasing the chance of a successful life for every pupil. As a school, we are therefore committed to avoiding discrimination and promoting equality at all levels and recognise that by doing this, attainment and progress of all pupils will be improved.		

Our school aims as a Christian community are:

- Pursuing excellence in teaching and learning
- Challenging children to reach their full potential
- Nurturing spirituality and respect for self and others
- Inspiring values for life

Introduction

“Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good.” Catechism of the Catholic Church. PSHE at All Saints Academy supports Jesus’ commandment to “Love your neighbour as yourself” and the belief that all humankind is created in the image of God and is of value.

Aims

Personal, social and health education (PSHE) is a non-statutory planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives. As part of a whole school approach, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

Teaching

The framework of our PSHE curriculum will be taught using the Scheme Myhappymind+, an NHS-assured mental health and wellbeing programme that is fully aligned with the statutory PSHE framework. The programme is built on the principles of ‘positive psychology’ and is designed to help children understand how their brains work, build positive relationships, and develop lifelong habits for wellbeing. This is also paired with the Cambridgeshire PSHE scheme of work.

My Happy Mind uses a five-module system taught all the way from reception to year six. These modules are:

Meet Your Brain

Pupils learn about different parts of the brain and how they work together, helping them understand emotions, self-regulation, and behaviour.

Celebrate

Children explore their unique strengths and character traits, which helps build their confidence and resilience.

Appreciate

Pupils learn strategies for gratitude, kindness, and supporting others, building positive relationships.

Relate

Focuses on healthy friendships, empathy, conflict resolution, and teamwork.

Engage

Encourages children to set goals, persevere, manage setbacks, and build motivation.

My Happy Mind does have an app, which has many tools to further embed school learning at home.

Relationships and Health Education (RHE) will also be taught through My happy Minds. Parents will be advised prior to these sessions, so that they can be involved and prepared for the issues and questions that may arise in the wider world.

The My happy Mind and the Cambridgeshire PSHE scheme of work, covers all necessary strands for each year group and these are planned for across the academic year to ensure children have a well-rounded PSHE education. The overall aim is to develop the children's ability to take responsibility for themselves.