

## Personal, Social and Health Education Curriculum Statement

### Mission Statement

Our school community is rooted in the Gospel and the vision of St. Catherine of Siena. This inspires each of us *'To be who God wants us to be and so set the world on fire.'*

- We are called to love one another as we seek to be the best in all that we learn and do.
- We celebrate and nurture the gifts, talents and skills of everyone.
- We commit ourselves to grow together in faith, love and service.

More specifically, this means we aim to:



### Intent

At St Catherine's, our PSHE curriculum aims to develop the whole child. It is a planned programme of learning opportunities and experiences that help pupils grow and develop - not just as individuals, but also as members of families and of social and economic communities. We regard PSHE as an important, integral component of the whole curriculum, and use it as a key vehicle in helping our learners develop the knowledge, understanding, attitudes and skills necessary to live healthy, safe, productive and fulfilled lives – both now and in the future. Our PSHE programme promotes the St Catherine's ethos, "Be who God wants you to be and so set the world on fire" and is underpinned by our six Core Values: Inspiration, Love, Respect, Perseverance, Faith and Compassion.

Planning has been tailored to develop the qualities and attributes needed for pupils to thrive as individuals, family members and responsible citizens within society. As a UNICEF Rights Respecting school, we ensure that children gain an understanding of both their rights and responsibilities as a child. They use this knowledge to learn how to respect differences

between others and become involved in the life of their local and global community. Our PSHE programme of study is regularly revised in order to meet the needs of the young people in our community, considering the demographic, health needs and local environment. The lessons and resources also cover a wide range of social and emotional aspects of learning which enable children to develop their identity and self-esteem. The programme of study fulfils the requirements of 2020 Statutory Relationships and Health Education, setting these learning intentions in the context of a broad and balanced PSHE curriculum.

### **Implementation**

The PSHE planning follows a spiral curriculum which promotes progression and consistency throughout the school. It also enables children to recall and build upon previous learning, exploring the underlying principles of PSHE education regularly at a depth that is appropriate for the age and stage of the child.

The PSHE provision is delivered within a whole school approach. The curriculum consists of three core themes:

- Relationships
- Health and Wellbeing
- Living in the Wider World

Our PSHE education takes place as a minimum of one-hour fortnightly discrete lessons in each year group. Teachers promote learning in a creative manner, using many approaches such as role play, discussions and games. Where possible, provision is further enriched by guest speakers, visiting organisations, school incentives and drop-down days.

Children are informally assessed by staff throughout their work and the reports given to parents will reflect this. Recording of work will be in a form appropriate to the planned focus and will be shown in teacher's planning. Evidence of PSHE lessons will be in a variety of forms – usually in the "PSHE Lesson Overview" sheets which are kept in individual PSHE Class Books (along with photographs and any relevant written work). The very nature of PSHE means that careful consideration is given to the best means of recording. Written work may not always be appropriate and staff use their professional judgment in this. A variety of activities may be used to assess children and demonstrate progress, and children are given the opportunity to consolidate and reflect upon learning at the end of each lesson.

### **Impact**

The PSHE provision at school aims to promote personal development and academic progress in all learners. It prioritises the physical and mental health and wellbeing in pupils, providing them with skills to evaluate their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them. Lessons provide opportunities for children to enhance the knowledge, skills and attributes necessary to become well-rounded, thriving individuals and members of society. The following list shows the essential life-skills which are promoted and encouraged throughout our curriculum: self-regulation, managing influence, clarifying and re-evaluating values and beliefs, self-worth and positive thinking, assertiveness, self-awareness, empathy and communication, team work, problem solving,

negotiation and conflict resolution, goal setting, positive risk-taking, risk assessment, decision-making.