

## St Gregory's RC Primary School

### PHSE / RSE

Our mission statement is at the heart of everything we do in our school. We firmly believe in developing the whole child and celebrating with them their talents and achievements.

We recognise the importance of PHSE / RSE to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. We are committed to supporting the health and wellbeing of all our children and understand the impact the PHSE /RSE curriculum has on this.

Our aim in developing the whole child, through our PHSE /RSE curriculum, is to ensure that every child will have the experience to participate and engage in learning opportunities and experiences, that will:

- Help them to grow as individuals and as members of families and communities.
- Equip children and young people with knowledge and practical skills to live healthy, safe, fulfilled and responsible lives, both now and in the future.
- Provide explicit teaching of mental and emotional health, and promote pupils' wellbeing through an understanding of their own and others' emotions and the development of healthy coping strategies.
- Contribute to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.
- Reflect on and clarify both their own and British values and attitudes, and explore the complex and sometimes conflicting range of attitudes and values they encounter now and in the future.
- Become healthy, independent and responsible members of society with an aim to help them understand how they are developing personally and socially, and tackle many of the moral, social and cultural issues that are part of growing up.
- Provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.

Through our teaching of the PHSE / RSE, we aim to develop a child's skills, knowledge and understanding to ensure that they become a happy, healthy, confident, successful, resilient child who will develop a sense of self-worth and will play a positive role in contributing to school life and the wider community.

### **Intent**

#### **What we are trying to achieve in PHSE / RSE is:**

Each child will be taught PHSE by an enthusiastic teacher who will raise expectations and develop children's enjoyment and confidence in the subject. PHSE is an on-going process not a one off event as it will teach the child about self - awareness and then build upon the child's own abilities and strengths as a learner

Children will meet the National Curriculum expectations in PSHE, which will be taught by highly qualified, enthusiastic staff who will support children to develop mastery of concepts and inspire enthusiasm and interest in the subject. PHSE will be taught as a discrete subject but SMSC is embedded throughout the curriculum at St Gregory's.

Opportunities will exist for children of all ages to experience learning beyond the classroom. This will allow them to enrich their knowledge by, for example, pupils will have access to healthcare professionals to think about their changing bodies and specialists to link with mental health and well-being.

Children will understand how Catholic virtues and British Values relate to PSHE.

In PSHE, children will develop the skills to develop confidence and a sense of responsibility within themselves, develop their own God-given attributes, develop positive relationships built on mutual respect and develop a healthy and safe lifestyle.

Children will learn to identify and manage risk, make informed choices and understand what influences their decisions. It will enable them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings.

Through PHSE children will develop an understanding of working with others to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

Each child will learn new and exciting vocabulary linked to PHSE /RSE.

Each child will be provided with opportunities to experience success and will experience having their success celebrated.

Each child will feel safe in their PHSE /RSE Education lessons and will be able to express and celebrate their learning achievements and celebrate their own personal and academic growth.

## **Implementation**

### **How do we put our intent into action?**

At St. Gregory's we follow a scheme of work, 'Life to the Full' which has been approved by the Diocese of Hexham and Newcastle. Life to the Full covers the Relationship and Health Education (RHE) for Catholic Schools and fulfils new statutory curriculum.

The programme is taught with a spiral approach to learning in which pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional well-being, strong emotions, private

parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world.

The entire teaching is underpinned with a Christian faith understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all of our pupils, rooted in the wisdom and teaching of the Church. The education of children in human sexuality is an important, precious and privileged responsibility. The Church teaches us that this is very much a partnership with parents, in which parents are the ‘first educators’ of their children on these matters; ultimately, you confer on us the right to co-educate your children with you.

PHSE is included in the weekly timetable of each class.

Areas of the PHSE National curriculum not covered by ‘Life to the Full’ have been identified and will be taught by the Year Group teacher either within another subject such as maths, science or RE. as a discrete PHSE lesson.

Staff have completed CPD training on the scheme.

Visitors such as the Emergency Services, Bikeability, Mindfulness, CAFOD and the school nurse visits all complement our PSHE curriculum to offer additional learning.

Assemblies are planned to cover any additional sessions that would benefit the whole school such as Bike to School Week, Mental Health Awareness Week, Anti- Bullying week etc

Actively promoting aspirations for the future. Children develop an understanding of how subjects and specific skills are linked to future jobs.

## **Impact**

### **What is the impact of our curriculum on the learners?**

At St. Gregory’s our meaningful PSHE curriculum is the key to children becoming confident, tolerant and well-rounded adults who will treat others with kindness and respect.

Children can approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life. From exposure to a range of global issues and problems, children can build up tolerance and a sense of responsibility of being a global citizen.

Children can understand the different lifestyles that people may live and be respectful and tolerant towards those leading different lives to themselves.

Through PSHE, children deepen their appreciation of their faith and fulfil their God-given talents.

Visits within PSHE have enriched the lives of the children and they are able to discuss how the experience impacted their knowledge and understanding.

Children of all abilities and backgrounds achieve well in PSHE reflected in outstanding progress that reveals a clear learning journey. Children talk enthusiastically about their learning in PSHE and are eager to further their learning in the next stages of their education.

The impact of the spiral deep learning approach with clear outcomes through the Life to the Full Scheme will and guide all PSHE development plans and drive improvement.

Fundamental British Values are evident in PSHE and children understand how it can celebrate difference.

When the children leave St. Gregory's they will have been provided with every opportunity to build their self-esteem and self-confidence leaving us as articulate, kind, caring individuals with the communication skills to take them into the next stage in their education and have the knowledge and cultural capital they need to succeed in life.