

PSHE Curriculum Statement

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We 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. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

INTENT	IMPLEMENTATION	PLANNED IMPACT
<p>Intention 1: To continue to build a PSHE curriculum, which reflects our school community and responds to the needs of our children, while fulfilling the requirements of the National Curriculum and responding to current guidelines. As a Catholic school, we feel it is essential that our school values are embedded in every part of our school day and the delivery of the curriculum. It is our aim that our children can apply the learning outcomes of our PSHE curriculum to all aspects of their spiritual, moral, cultural, mental, and physical development.</p> <p>Intention 2: To build a PSHE curriculum that promotes the importance of emotional resilience and mental well-being, by teaching children strategies</p>	<p>At Holy Family, we deliver the PSHE curriculum by utilising first-hand experience and sharing good practice and it is every staff members' responsibility to do this, by being a role model and having high expectations of Holy Family pupils.</p> <p>All staff actively promote our values of Respect, Responsibility and Resilience and celebrate these with the children.</p> <p>We develop children's emotional literacy by teaching our children what different emotions mean and how they can impact upon our mental and physical wellbeing. Children are encouraged to explain how they feel during check in times throughout the day, e.g. morning register, break time and after lunch time. Children are allowed 5 minutes in a class calm space and are allowed to use suitable resources to help them to self-regulate. Children are told about the Zones of Proximal Development (Blue, Green, Yellow and Red) and staff and children use this language to discuss their emotions.</p> <p>The delivered curriculum (based on the PSHE Association scheme of work and RSE curriculum) reflects the needs of our pupils and is tailored to meet specific needs. Our teachers also use the No Outsiders materials, NSPCC resources and national Online Safety resources to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.</p>	<p>By the time our children leave our school they will:</p> <ul style="list-style-type: none"> -be able to approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life. -be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society. - appreciate difference and diversity recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of Law and Liberty. -be able to understand and manage their emotions. -be able to look after their mental health and well-being.

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<p>to self-regulate behaviour and deal more effectively with stressful situations or anxiety.</p>	<p>The curriculum is split into three core themes of: Health and Wellbeing, Relationships and Living in the Wider World. The children will meet these themes throughout the course of the year and the themes are built upon as the children move through school.</p> <p>In EYFS and KS1, children use floor books to record their responses to and progress in PSHE sessions. These books travel with the children as they move to the next year group so they can look back at their learning and the next teacher can see the starting points. In KS2, children record their responses in a more reflective/personal way in their own book.</p> <p>We believe that PSHE plays a vital part of primary education and needs to be taught at least weekly; although there will also be opportunity to make cross curricular links and these opportunities should not be missed. This enables staff to ensure full coverage of the PSHE scheme of work. There are always occasions where staff may feel it necessary to teach PSHE as a result of an issue which has arisen in their own class.</p> <p>PSHE is integral to the development of children's values in order for them to become a positive citizen in a forever changing community.</p> <p>PSHE is an important part of school assemblies and collective worship where children's spiritual, moral, social and cultural curiosity is stimulated, challenged and nurtured. Children given responsibilities across the school such as Pupil Council, Eco Team, Worship Team, Prefects and Sports Leaders.</p> <p>Regular charity events are organised by class from Y2-Y6 allow the opportunity to raise awareness of our role in the wider community.</p> <p>Once a month, we hold a Feel-Good Friday session which promotes optimism and positivity within the school day.</p>	<p>-be able to develop positive, healthy relationship with their peers both now and in the future.</p> <p>-understand the physical aspects involved in RSE at an age appropriate level.</p> <p>-have respect for themselves and others. have a positive self-esteem.</p>
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