

PSHE Aims/Intent

St Mary's is committed to promoting the spiritual, moral, cultural and physical development of our pupils. We believe PSHE (Personal, Social, and Health Education) to be an essential element in the preparation of our children for adult life.

The PSHE curriculum provides learning opportunities and experiences which will enable pupils to develop the knowledge, skills and understanding necessary for personal and social responsibility.

In our school, we are committed to teaching PSHE in accordance with the teachings of the Catholic Church, and in accordance with our school values: Faith, Love, Mercy, Resilience, Respect and Truth.

The Aims of PSHE

Through PSHE we seek to:

- Help pupils to live and learn in a Catholic Christian environment encouraging the respect of others in our school community and the wider world.
- Develop a personal identity, to give a focus in life and to motivate the children we teach.
- Encourage children to communicate confidently and express their feelings appropriately.
- Develop healthy, safer lifestyles.
- Prepare the child for the opportunities, responsibilities and experiences of their next stage of learning; and their adult life.

The programme of study includes three core themes:

Health and Wellbeing – Engaging children in activities to promote their physical and mental well-being.

Citizenship/Living in the Wider World – Encouraging children to take a responsible role in society, including the development of the children's awareness of their personal safety and the process by which they can seek help and information as well as learning the behaviour expected of them as responsible citizens.

Human Relationships – Information by which the child is able to become aware of himself/herself as a person and understanding that the process of development is a natural part of growing up.

Teaching PSHE is not confined to a specific slot on the timetable. It is a combination of discrete curriculum time, specialised assemblies, through pastoral care and guidance, visiting speakers, cross-curricular coverage and delivery through whole school events (i.e. internet safety days, Wellbeing Day.)