

St. Cuthbert's Catholic Primary School

Educate; Create; Witness: Christ at the Centre



PSHE and RSE- Curriculum Statement:

Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. PSHE can encompass many areas of study. It will equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.

"The evidence shows that personal, social, health and economic (PSHE) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success." [DfE]

We are involved in relationships and sex education (RSE) precisely because of our Christian beliefs about God and about the human person. The belief in the unique dignity of the human person made in the image and likeness of God underpins the approach to all education in a Catholic school. Our approach to RSE therefore is rooted in the Catholic Church's teaching of the human person and presented in a positive framework of Christian ideals.

Statement of Intent

St. Cuthbert's RC Primary School seeks to be a Christ centred community where all are enabled to develop their full potential. At St. Cuthbert's, personal, social, health and economic (PSHE) education is an embedded part of our broad and balanced curriculum and permeates every aspect of school life. Pupils' spiritual, moral, social and cultural development (SMSC) is at the heart of our school ethos. Our PSHE education enables children to become healthy, independent and responsible members of our society and prepare them for life and work. 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.

All RSE will be in accordance with the Church's moral teaching. It will emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from and support will be provided to help pupils deal with different sets of values. In partnership with parents, we aim to provide children with a "positive and prudent sexual education" which is compatible with their physical, cognitive, psychological, and spiritual maturity, and rooted in a Catholic vision of education and the human person.

We believe that the purpose of St. Cuthbert's PSHE programme is to:

- Help pupils live and learn in a Catholic, Christian environment, leading to acceptance and respect of others in a diverse community and wider world.

- Provide an environment in which high expectations will lead to a striving for excellence in all aspects of school life, including exceptional manners and well developed social skills.
- Educate and develop each member of the school community by building on their strengths and supporting them in times of need, particularly in building up resilience and overall wellbeing.
- Foster purposeful relationships with those who learn in, work in and visit our school where diverse views and backgrounds are respected and accepted.
- Educate them to live Healthy lives through regular exercise, healthy eating, development of healthy minds and positive relationships.
- Provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a positive member of a diverse society.

PSHE Curriculum Implementation

At St. Cuthbert's teachers use '*Diocese of Hexham and Newcastle Primary Curriculum Framework for PSHE including RSE.*' This PSHE/RSE curriculum is based on five core themes:

Moral (this explores the individual)

Children will learn: about the Christian belief to love self, made in the image and likeness of God, and an understanding of the importance of respecting, valuing and understanding themselves as the basis for personal relationships.

Spiritual (this explore the individual's approach to the world and relationships through their relationship with God)

Children will learn: about the Christian belief in a personal relationship with God which will guide their relationships with others.

Physical (this explores the individual's response to the world as they change and develop physically)

Children will learn: about how they change and grow, the changes that will take place in their body and rooted in the command to love, the basis of all Christian life.

Emotional (this explores the individual's relationships through their emotional responses and how to deal with them)

Children will learn: about the changes which happen in life, how to manage their feelings and behaviour rooted in Gospel values.

Social (this explores the individual's relationships with others in the local community and the wider world)

Children will learn: how human beings live in the wider community, including how to keep safe in situations with others and how to spread the Gospel for the good of individuals and the wider world.

Our Long term planning is divided into three themes, 'Relationships, Health and Well-being, and Living in the Wider World. These themes will be covered throughout the year.

- PSHE and RSE resources used are 'Ten:Ten life to the full', *alongside 'Come and See.'*

Whilst the curriculum will be taught across the whole year a greater emphasis on the sexual relationships (age appropriate) will be taught in the summer term.

- PSHE and RSE complement National Curriculum subjects, i.e. Science, Computing and P.E.
- Challenge questions for pupils to apply their learning in a philosophical/open manner.
- Whole school, Key Stage and class assemblies which make a link to PSHE, British Values and SMSC.
- Use of topical and issues of current affairs, further developing a sense of self and belonging and responsibility to the local and wider world in which we live.
- External support such as School Nurse, Bikeability, RNLI and NSPCC.

- Involvement in Key campaigns throughout the year such as Anti-bullying week and Internet safety.
- Pupils are encouraged to play a positive role in contributing to school life and the wider community through class and school councils, Eco team, fundraising events, supporting nominated charities and involvement in community activities.
- PSHE/RSE lessons will take the form of structured lessons but also include circle time, debate, hot seating, role-play, storytelling and reflection.

PSHE Curriculum Impact

At St. Cuthbert's the impact of our PSHE Curriculum will be:-

- Children will live out the Gospel values and virtues such as love, peace, courage, honesty, forgiveness and justice.
- Children will develop positive and healthy relationship with their peers both now and in the future.
- Children will understand the physical aspects involved in RSE at an age appropriate level.
- Children will have respect for themselves and others.
- Children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.
- Children will demonstrate a healthy outlook towards school, i.e. good attendance and behaviour.
- Children will become healthy and responsible members of school and society.
- Children will achieve age related expectations across the wider curriculum.
- Children will be well equipped socially and emotionally as they continue on their journey preparing them for life and work.