



Personal, Social & Health Education

"When you know better, you do better."

(Maya Angelou)

Intent:

In the Saints Federation, we believe that equipping our pupils for learning through PSHE is central to their holistic self-development and education. We strive to foster opportunities for all of our pupils to develop their sense of self so that they can truly 'shine as lights in the world'.

Spiritual Development

Through a well-crafted curriculum our school brings together Personal, Social, Health Education, Relationships and Sex Education, along with the development of emotional literacy, social and spiritual development. Children learn to have mutual respect and tolerance of those from different faiths, beliefs, and families. They develop and learn about the positive values and skills they need to enjoy safe, positive relationships and to celebrate their own uniqueness, within the every changing global world.

Implementation:

- The Federation has created a bespoke PSHE curriculum, designed to be flexible and adaptable within settings according to need.
- The curriculum follows expert resources from a wide field, mostly sourced through the PSHE association.
- The curriculum does not stay still – it is an ever-evolving resource, designed to keep in line with an ever-changing society and pupils' needs.
- Teachers have access to the PSHE association resources and can use these to supplement the curriculum when needs arise, such as in response to Safeguarding and behavioural situations.
- PSHE lessons are delivered weekly in year groups and involve much discussion and pupil voice, and creative activities to support learning.
- Relationships and Sex Education (NCC Educator Solutions) is mainly delivered in the summer term in age specific year groups although the relationships elements occur throughout the year. Parents have an opportunity to discuss the content of these sessions each summer term, prior to the delivery of the majority of the content.
- Physical and health education are enhanced through teaching in a variety of other curriculum areas including science and technology.
- A strong PSHE element runs continuously through Collective Worship, including anti-bullying; internet safety; safeguarding; healthy lifestyles; philosophy: and developing and sustaining positive mental health.



- Classes are encouraged to follow topical and age-appropriate news broadcasts such as *Newsround* to develop their understanding of the world and their place within it.
- The Federation places a strong emphasis on developing positive mental health attitudes for staff and pupils. *Thrive* and nurture is highly valued across the Federation, providing expert provision to help pupils through difficult times.

Impact:

By the time children leave the Saints Federation, they are well rounded and thoughtful individuals. They take good care of themselves and others, and are confident with their personal health, well-being and physical development. Pupils understand that they have a valued voice and play a role in society; they have a developing awareness of the world around them. They are good citizens, who truly *shine as lights in the world*.