



Ss Peter and Paul Catholic Primary School

PSHE Curriculum

Ss Peter and Paul is committed to our Catholic Education with 'Christ at the Centre' of everything we do. We endeavour to promote God's Values so that everything that happens in our school demonstrates God's love for everyone.

Intent

To enable our pupils to have a thirst for knowledge, a toolkit of skills which links all of the curriculum and an aspirational approach to the future, all of which are underpinned by Gospel Values.

Ss Peter and Paul Catholic Primary School is committed to providing a high-quality educational experience for all pupils. PSHE is at the heart of every school day and is an integral part of the whole school curriculum. We believe that the promotion of health and wellbeing, managing feelings and relationships, respect and support of our community and modern British Values will make vital tools for our pupil's development in later life. Our learning community is based on the Gospel Values of love, tolerance and forgiveness where the achievements of all are celebrated. We want our pupils to be creative, inquisitive, compassionate and successful, through a curriculum that is rich, exciting, innovative and varied. Our Personal, Social and Health Education (PSHE) curriculum enables our children to become healthy, safe, independent and responsible members of society, bringing together citizenship with personal and mental well-being, whilst promoting fundamental British Values. We wish to offer a cohesive whole-school approach which aims to help children understand how they are developing personally and socially, and tackle many of the moral, social and cultural issues that are part of growing up. We are dedicated to ensuring that Ss Peter & Paul is a happy, stimulating and caring place and we expect high standards of behaviour, excellent manners and an excellent attitude to learning throughout the school.

Although PSHE is taught through discreet lessons, it also underpins all activities, assemblies, educational visits and extra-curricular clubs. We encourage our children to take part in a range of practical roles and activities that promote active citizenship: School Buddies, School Council, Head Boy and Head Girl and Mini-Teachers. Pupils are involved in whole school fundraising, supporting younger pupils – such as buddies and engagement in school and local community and national charitable events. Children have opportunities to meet and work with members of the community, such as: health workers, firefighters, police officers, librarians, sports coaches, secondary school teachers, artists, authors, representatives from the local

church and representatives from various organisations. We participate in, and promote National events

Implementation

At Ss Peter and Paul Catholic Primary, we utilise a variety of resources and world-wide events to ensure full coverage of the PSHE & RSHE Curriculum. We follow guidance from the Catholic Education Service and The Diocese of Hexham and Newcastle. To comply with the Statutory content for RSE we have decided to adopt **Life to the Full** by Ten Ten Resources. TenTen is an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work. Teachers will teach lessons which are sequential, age appropriate and differentiated to the child's ability. The activities and reflections which each class will be taught, will focus on physical, social, emotional, intellectual and spiritual development.

'All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002, a PSHE curriculum:

- *Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and*
- *Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.'*

Our PSHE curriculum aims to provide pupils with the knowledge, understanding, attitudes, values and skills they need in order to reach their potential as individuals and within the community. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities.

In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up.

They learn to understand and respect our common humanity; diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning. We share Statements to Live By on a weekly basis through House Group meetings, assemblies and Collective Worship. We use the Nurturing Human Wholeness as a programme of study and deliver this through circle time activities. We also incorporate mindfulness into our curriculum, Hearts and Minds sessions to build emotional resilience, Kidsafe, as well as meeting with smaller groups to support more vulnerable families. Mindfulness is a vital tool for life: not only does it support the regulation of emotion and build emotional resilience but it also enhances focus and concentration; both helping to optimise learning for our children.

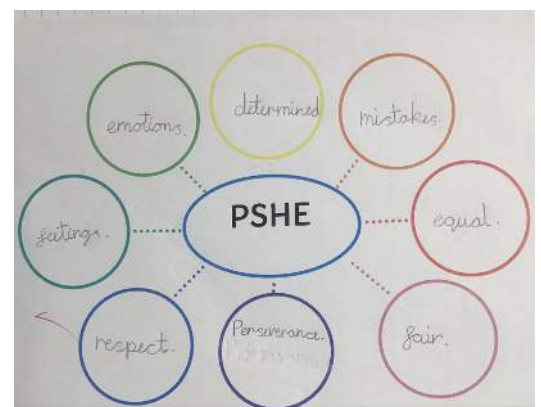
Grass Roots also provides Physical Education classes throughout the year to embed physical and mental well-being and encourage fitness. Research shows that exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.

Impact

Our PSHE and RSE Curriculum will support the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form safe positive relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals.

The children will demonstrate and apply the British Values of Democracy, Tolerance, Mutual Respect, Rule of Law and Liberty. They will demonstrate a healthy outlook towards school, which impacts positively upon pupil behaviour and learning across the wider curriculum. Our inclusive scheme of work supports the active development of a school culture that prioritises physical and mental health and wellbeing, providing children with skills to evaluate and understand their own wellbeing needs, practise self-care and contribute positively to the wellbeing of those around them. Our whole-school approach to positively impact wellbeing, safeguarding and SMSC outcomes too ensures that all children are able to develop the knowledge, skills and attributes they need to succeed at school and in the wider world.



Faith in Action Council

Matthew



James



Thomas



James



James



Luke



John



House Group Captains



Sport Leaders



We are a School Council that...

Love one another

Are responsible

Are helpful

Take care of each other

Listen to each other

Are kind to each other

Our School Council members are representatives chosen by pupils to help with the decisions affecting the school, making sure it is the best place it can be.



We are a democratic school.

Democracy rules here!

Every child has a voice.

Every voice is heard.



How did we fill the roles of Heads and Deputies?

The children formed campaign teams and worked collaboratively to create their campaigns. Pupils were encouraged to express their views and opinions were made. Our school values were shared to help pupils understand that their choice of school leaders. When we created and the successful candidates were announced.

Children in Year 5 were given the opportunity to nominate themselves for the role of Head of Year 5. The children who were held to represent the school were given the chance to share their views for the campaign to begin.