



PSHE and RSE Curriculum Intent



*'God shines within our hearts.
Jesus walks by our side.
The Holy Spirit gives us strength.'*

Our Intent.

At St. Mary's Catholic Voluntary Academy, we are committed to the spiritual, moral, social and cultural development of all our pupils. As a Catholic school, these developments are underpinned by our core Gospel values of Love, Compassion, Responsibility, Friendship, Forgiveness, Justice and Respect.

Our school motto, 'God shines within our hearts. Jesus walks by our side. The Holy Spirit gives us strength' is lived out through all areas of our curriculum and wider school life. In the same way, our PSHE teaching does not just exist within our main curriculum, but instead affords all children the opportunity to contribute to their school life and community, through a wide range of activities and experiences available to them.

Our intention is that all of our children be exposed to a wealth of experiences that help them to relate to their place within their community and all society. That they have the opportunity to develop their sense of belonging and better understand their responsibility to themselves, to those around them and for the wider environment. We aim to develop their compassion and respect for diversity; to help them build a moral sense of justice and to take responsibility for their own actions and of those they associate with and, most importantly, for them to understand the importance of love and forgiveness.

How we Implement it.

Whilst our children are exposed to many opportunities to develop their personal, social and health education outside of our curriculum, we also address the need for progressive development of their skills in several ways.

Firstly, we have our PSHE Scheme: PSHE Matters. This is a spiral curriculum that builds on the children's skills year on year. They revisit the same topics from Key Stage 1 again in Lower Key Stage 2 and again in Upper Key Stage 2 – each time going into greater depth and building their understanding of the world around them.

In addition to this, our Catholic Religious Education scheme, 'Come and See', underpins all of the moral values we are attempting to teach our pupils through our PSHE scheme, therefore some areas of the curriculum, such as forgiveness and understanding their place within their own family and God's family, are covered in many ways and approached from many different perspectives.

Finally, the teaching of Relationships and Sexual Education is supported with a scheme that specifically focuses on the key Catholic value of love and how that manifest in God's divine vision for us all.

PSHE Matters

Personal, Social and Health Education (PSHE) is central to giving pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active and responsible British citizens.

PSHE enables students to understand and respect our common humanity; its diversity and its differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

Safeguarding is a key element of PSHE as pupils learn about their own identity, risks, decision-making and how to keep themselves safe.

PSHE helps pupils to learn to recognise their own value, work well with others and become increasingly responsible for their own learning. They can 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.

Our PSHE lessons are delivered within a safe, secure and supportive learning environment where children's genuine questions and concerns can be sensitively addressed. The children adhere to a set of ground rules that allow a foundation of mutual respect and trust to be developed.

Within each age group there are 12 learning modules that are taught. These are:

1. Drug Education – including how to manage risk and peer influence
2. Exploring Emotions – including how to recognise and manage feelings and emotions
3. Being Healthy – including the importance of looking after our mental health
4. Growing Up – including the Sex Education element – teaching supported and guided by our RSE scheme 'A Journey in Love'
5. Changes – Including loss
6. Bullying Matters – including how to ask for help
7. Being Me – including identity and community
8. Difference and Diversity – including challenging stereotypes
9. Being Responsible – including looking after the environment
10. Being Safe – particularly featuring cyber, gaming and CSE
11. Relationships – including what is a healthy relationship – teaching supported and guided by our RSE scheme 'A Journey in Love'
12. Money Matters – including enterprise

Life to the Full (Ten: Ten Resources)

We have introduced 'Life to the Full' for our Relationship and Sex Education curriculum and this is now being supported with 'A Journey in Love'.

A Journey In Love.

At the heart of Christian faith is love. St John says that God is love (John 4:8) and the whole purpose of Christianity is to live it as fully as possible in and through love. This means we have to link every aspect of our being, from birth to death, with love.

'A Journey in Love' has as its foundational premise the belief that we are made in the image and likeness of God and, as a consequence, gender and sexuality are God's gift, reflect God's beauty and share in the divine creativity.

In order that our children may grow and develop healthily and holistically towards an understanding of their gender and its implications for successful relationships, they must be at ease with themselves and grown in self-knowledge.

An aspect of the mystery of love is treated in each year group; children and young people are encouraged to marvel at the wonder and beauty of God's creative love. This is reflected in each stage of a person's growth in the Primary years through a series of suggested, progressive and developmental tasks, activities and reflections, which focus on physical, social, emotional, intellectual and spiritual development.

The Impact.

Our aspiration is that our children leave St. Mary's ready for life as adults in the wider world and that they are able to deepen their appreciation of their faith and recognise their own talents and potential that God has gifted to them.

We plan to equip them with the necessary skills that will enable them to progress into healthy, independent and proactive members of their communities. To become individuals that will challenge stereotypes, not submit to peer pressure and have the confidence to break down barriers that may impact upon their future potential.

We hope that they will continue to grow in their Christian values and contribute ethically as true global citizens.