

# PSHE Policy – Our Lady’s Catholic College

September 2020

PSHE Lead: Megan Jones

We believe that the **knowledge, skills, understanding** and **attributes** associated with PSHE are developed most effectively when threaded across the whole curriculum. Thus lessons in all subjects are designed to help develop self-confidence and self-esteem, whilst encouraging the development of positive relationships and getting students ready for the wider world. Personal, Social Health Education and Citizenship play an important part in students' experiences at Our Lady’s Catholic College. The aim is for students to not only learn about issues which affect both themselves and the wider world, but to become informed, confident, skilled, active, healthy and socially aware young people.

Importantly, PSHE is delivered in three ways – through PSHE lessons, within other subjects such as Drama, Humanities Science and RE, and also as part of the students' wider experience of school life. Lessons are encouraged to be as inventive and interactive as possible, making use of current affairs, discussions, videos, and visiting speakers. Students are encouraged to participate in wider College and Community events such as charity fundraising, drop down PSHE days (**including 2 whole school Enrichment days per year**) and representing the school in fixtures and external events which are all part of the PSHE experience.

From September 2020 we will have timetabled PSHE provision for Years 7 and 8. This will be provided as a block of lessons within curriculum time. PSHE also takes place in drop down sessions across all year groups when guest speakers are invited to talk on specific subjects and the students take part in workshops and discussions.

At Our Lady’s students’ learn over time, revisiting themes in an age-appropriate manner, building on prior knowledge and understanding and further developing skills. Student wellbeing is a key theme that is close to our heart and we promote our commitment to this as a school by delivering some of the following content: mental health and emotional wellbeing. These core themes run through everything we strive to do at Our Lady’s, and the curriculum builds students’ resilience and supports our strategy to foster core British values. This whole school approach to PSHE also plays a vital role in keeping students safe.

## Key themes that are included within the PSHE curriculum are:

- Managing change and personal safety/first aid
- Drugs, Smoking and Alcohol Awareness
- Sex and Relationships Education: families, positive relationships, consent, FGM.
- Diversity, prejudice and bullying
- Discrimination in all of its forms
- Positive attitudes: body image, mental health, puberty, coping strategies
- Work readiness: ambition, choices, goal setting and career aspirations
- The wider world: financial decision making, being safe online and equality
- Money: how to budget, save and make decisions
- Social Issues; work patterns, the influence of the Media and gambling

## HRSE and PSHE

At Our Lady’s, HRSE is taught in PSHE, Science and RE but using a wide range of strategies, that staff have been taught through training. Our entire HRSE curriculum is underpinned by the Gospel values and virtues and we recognise that our young people mature in different ways. Our teaching about relationships and sexuality is respectful of each child’s starting point, their faith, culture and sexual orientation.

## PSHE COURSE OUTLINE

Year 7	Year 8
<ul style="list-style-type: none"><li>- Health and Wellbeing: – Transition to Secondary School, Managing Change, COVID-19, Personal Safety and First Aid. Diet, Exercise, Healthy Routines and Influences on Health</li><li>- Relationships: – Anti-Bullying Week; Prejudice and Diversity. Self-worth, Romantic Relationships, Consent and Boundaries.</li><li>- Living in The Wider World: – Developing Skills and Aspirations, Teamwork and Enterprise Skills, Goal Setting, Looking into the Future and Financial Decision Making.</li></ul>	<ul style="list-style-type: none"><li>- Health and Wellbeing – Drugs, Smoking and Alcohol misuse, Mental Health, Body Image, Starting Puberty and Coping Strategies.</li><li>- Relationships – Discrimination in all its forms, Families, Healthy Relationships, Introduction to Contraception and FGM.</li><li>- Living In The Wider World – Equality, Career Choices, Work Patterns, Online Safety and Gambling.</li></ul>

### Relationships & Sexual Education (RSE) and how it dovetails with PSHE:

As a Catholic School, we use the term Human Relationships and Sex Education (HRSE) as we believe that relationships education is about all aspects of growing a fulfilled and happy life; sexual education is a dimension of this greater whole.

At Our Lady’s we teach young people about how to form relationships, including understanding loving relationships and acknowledging that children’s first experience of love is in the home. We encourage children from the earliest age to recognise that they are all children of God and that each person shares a God given dignity. As children mature, we encourage them to follow the example of Jesus and live lives inspired by the Gospel virtues, enabling them to follow His commandment to “Love your neighbour as yourself” (Mark 12:31). This is the basis for all relationships in our school.

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At Our Lady’s, coverage of RSE is currently delivered to our students through a combination of PSHE, Science and RE lessons. This is also supported through the pastoral system, our enrichment days and our daily collective worship.