

Our Lady's Catholic College



Personal, Social, Health and Economic Education

'Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. All schools should teach PSHE, drawing on good practice. PSHE is a non-statutory subject. To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. However, we expect schools to use their PSHE education programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. Schools should seek to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (SRE) and the importance of physical activity and diet for a healthy lifestyle. Relationships and sex education (RSE) is an important part of PSHE education and is compulsory for all secondary school pupils.'

DFE Guidance Personal, social, health and economic education - September 2021

See the Department for Education's latest guidance below:-

<https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

Introduction

OLCC, in partnership with parents, has a vital role in preparing children and young people to negotiate the challenges and opportunities of an increasingly complex world. This presents many positive and exciting opportunities, but also challenges and risks. Personal, Social, Health and Economic Education (PSHE) deals with real-life issues affecting our children, families and communities. It is concerned with the social, health and economic realities of their lives, experiences and attitudes including relationships. It supports pupils to be healthy both mentally and physically, safe, online and offline, and equips them to thrive in their relationships and careers.

The Catholic ethos of the school is at the heart of our work and our PSHE provision and we aim to develop the whole child: physical, moral, social and spiritual. We are ambitious for our students and aim to inspire them to raise their aspirations and develop a sense of awe and wonder in the world around them, enabling them to embrace opportunities, beyond their current experience.

Parents' and carers' support is important to the success of our personal development programme and students are encouraged to talk about the curriculum with them.

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.

Our Mission Statement commits us to the education of the whole child and we believe that Health, Relationships and Sex Education (HRSE) is an integral part of this education.

'Inspired by our divine teacher Jesus and with respect to the traditions of 'faith in action' from the Catholic Church through the centuries, our mission is to give every one of our young people the holistic education that enables them to live life to the full.'

PSHE is delivered in a number of ways – through PSHE lessons, within a range of other subjects such as Drama, Humanities Science and RE, and also through extracurricular activities, trips and visits, as part of the students' wider experience of school life.

Personal, Social, Health and Economic Education Lessons

Personal, Social, Health and Economic Education (PSHE) is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.

All students, including those who study at key stage 5, at Our Lady's Catholic College receive one hour of PSHE per fortnight delivered through a timetabled lesson. This will be provided as a block of lessons within the curriculum time. Furthermore, PSHE also takes place during additional drop-down sessions, form time and assemblies, where guest speakers are invited to talk on specific subjects and the students take part in workshops and discussions. Lessons are encouraged to be as inventive and interactive as possible, making use of current affairs, discussions, videos, and visiting speakers.

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. There are regular consultations between the Senior Leadership Team (SLT) and the Subject Lead of PSHE to ensure the tailoring of the PSHE curriculum to reflect the needs of the pupils. All staff at Our Lady's value the importance of Personal, Social, Health and Economic Education and staff regularly meet to discuss the curriculum and its effectiveness for the students at Our Lady's. Student wellbeing is a key theme that is close to our hearts and we promote our commitment to this, as a school, by delivering some of the following content: mental health and emotional wellbeing, building relationships and self-esteem. These core themes run through everything we strive to do at Our Lady's; the curriculum builds students' resilience and supports our strategy to foster core British values. This whole school approach to Personal Development also plays a vital role in keeping students safe.

The PSHE Association Programme of Study for personal, social, health and economic education has three strands; we follow these three strands at Our Lady's:

- Health and Wellbeing
- Relationships and Sex Education
- Living in the Wider World

Careers

Students at Our Lady's Catholic College are encouraged from an early date to think about how their attitudes, option choices, skills and interests will affect and influence their future pathways.

All students are assisted in receiving the right information for future destinations with all students receiving guidance throughout KS4 and KS5 on when and how to apply to the various pathway options (Sixth Form, College, Apprenticeships and University) which are available. In addition, year 11 students receive regular careers meetings with the careers advisor, Louise Mosey, who will guide and assist all students. KS5 students all benefit from academic mentoring and assembly sessions to maintain their involvement with Personal Development and Citizenship issues. These have involved visits from Health Professionals and work on Careers planning and the responsibilities and challenges of adult life.

HRSE and 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. HRSE is the statutory element of the PSHE curriculum and all schools in England are required to teach HRSE; we teach this whilst also reflecting the teachings of the Catholic Church.

Our entire HRSE curriculum is underpinned by the Gospel values and virtues and we recognise that our young people mature in different ways. At Our Lady's, coverage of HRSE 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.

Our teaching about relationships and sexuality is respectful of each child's starting point, their faith, culture and sexual orientation. HRSE is a statutory subject and, although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information.

Parents

Parents have the right to withdraw their children from RSE except in those elements which are required by the National Curriculum Science orders. Should parents wish to withdraw their children they are asked to notify the school by contacting the Head teacher. We believe that the controlled environment of the classroom is the safest place for this curriculum to be followed.

You do have the right to request that your child does not partake in some elements of the sex education provided as part of the HRSE programme. If you wish to remove your child from these lessons, please contact your child's progress leader before your child's lessons are due to take place so alternative provision can be arranged for your child during this time. Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before or after the work is covered in school.

“There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught.” (Department for Education)

The school has a duty to ensure that we follow the statutory guidelines set out by the DfE and by the Diocese of Lancaster, in addition to any parental comments, views or concerns.

See the RSE Guide for Parents from the DfE below:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Overview

The Personal, Social, Health and Economic Education curriculum should create a spiral programme which; embeds, revisits and deepens learning across the key themes.

The curriculum map demonstrates this approach below.

	Living in the Wider World
	Health and Wellbeing
	Relationships

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	Transition and Safety	Relationships	Diversity	Finances	Health and Puberty	Skills and Aspirations
Year 8	Drugs and Alcohol	Careers	Discrimination	Mental Health	Identity and Relationships	Digital Literacy
Year 9	Peer influence and gangs	Sexual Education	Employment rights and responsibilities	Puberty and Sexual Health	Consent	Social Media and Resilience
Year 10	Exploring Influence	Addressing extremism and radicalisation	Work Experience	Mental health	Healthy Relationships	Financial decision making
Year 11	Planning for the future	Building for the future	Communication in Relationships	Independent health choices and signposting	Families	Study Leave (students no longer in school)

Safeguarding

At the heart of these subjects there is a focus on keeping children safe, and schools can play an important role in preventative education. Keeping Children Safe in Education (KCSIE) 2020 sets out that all schools and colleges should ensure children are taught about safeguarding, including how to stay safe online, as part of providing a broad and balanced curriculum.

<https://learning.nspcc.org.uk/research-resources/schools/keeping-children-safe-in-education-caspar-briefing>

Good practice allows children an open forum to discuss potentially sensitive issues. Such discussions can lead to increased safeguarding reports. Children should be made aware of how to raise their concerns or make a report and how any report will be handled. This should include processes when they have a concern about a friend or peer.

All staff at Our Lady's Catholic College have completed Safeguarding training therefore if staff have any concerns about a specific pupil in relation to content covered, they must follow safeguarding procedures, as outlined in our Safeguarding Policy.

Key Contacts

If you have any queries or concerns about the Personal Development curriculum, please contact us.

Mrs H Seddon - Head teacher

Mrs H Moore- Subject Leader for PSHE and HRSE

Lead

Miss J Duncan – Assistant Head Personal Development

Updated September 2024

Version 2, following 2020 implementation