

St Mary of the Angels Catholic Primary School

Rationale for our PSHE Curriculum

Lessons in PSHE enable our children to acquire the knowledge, understanding and skills they need to manage their lives now and in the future. We develop the qualities and attributes that pupils need to thrive as individuals, family members and members of society as a whole. We develop a whole school ethos, environment and curriculum which enables our pupils to recognise personal qualities, build upon their achievements and do their best to manage their health and wellbeing.

We enable pupils to develop the language, strategies, skills and confidence required to behave according to their moral values in new situations. We also realise the importance for pupils of developing their own viewpoints by reflecting on different issues, viewpoints, dilemmas, situations and case studies.

Pupils are taught to understand that while different people may hold different views about what is 'right' and 'wrong', all people living in England are subject to its law. We promote the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

Through this approach, we are able to prepare the children for the opportunities and responsibilities of adult life. As a Catholic School, we base our teaching on the true Christian values of the Gospels. Our mission statement informs and guides the delivery of the PSHE curriculum.

Aims:

- To foster a positive self-image.
- To promote the acquisition of a healthy lifestyle
- To provide accurate information about health matters including alcohol, tobacco and drug abuse and to promote awareness of effects and risk
- To encourage assertive behaviour as opposed to aggressive behaviour
- To create a safe learning environment which encourages pupils to actively promote respect and tolerance for people of different faiths and beliefs
- To increase awareness of personal safety
- To prepare pupils to take a full role in society
- To understand that actions have consequences for oneself and others
- To promote the spiritual, moral, cultural, mental and physical development of all pupils

Currently, we use the following programmes and strategies to support of teaching of PSHE:

My Happy Mind

Since 2022, we have been a My Happy Mind School. In September 2024, we became a BRONZE accredited school for our commitment to the My Happy Mind programme.

My Happy Mind is an award winning program for schools, nurseries and families. Through a systematic programme, it teaches preventative habits that support mental health, resilience and self-esteem. All the concepts that are taught are based on science and research and grounded in neuroscience and positive psychology. My Happy Mind is commissioned by the NHS.

My Happy Mind modules include:

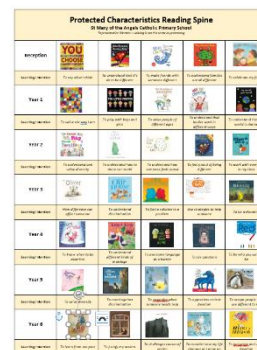
- Meet the Brain,
- Celebrate,
- Gratitude,
- Engage.
- Relate



Equality Act

Teaching children to respect and accept difference and diversity using the Equality Act 2010 (British Law) as a solid foundation:

- Taking a proactive approach to bullying
- Reducing potential for radicalisation
- Preparing children for life in Modern Britain
- Teaching “British Values”



Our Protected Characteristics reading programme aims to bring children and parents on board from the start so that children leave primary school happy and excited about living in a community full of difference and diversity.

Journey in Love (RSE)

Journey in Love is a resourced scheme of work in Relationships and Health Education (RHE) for Catholic Primary Schools which embraces and fulfils the new statutory curriculum. Taught with a spiral approach to learning in which pupils will revisit the same topics at an age-appropriate stage through their school life, the programme includes teaching about personal health, physical and emotional well-being, strong emotions, private parts of the body, personal relationships, family structures, trusted adults, growing bodies, puberty, periods, life cycles, the dangers of social media, where babies come from, an understanding of the Common Good and living in the wider world.

The entire teaching is underpinned with a Christian faith understanding that our deepest identity is as a child of God – created, chosen and loved by God. The programme is fully inclusive of all pupils and their families.

Curriculum Enrichment

In addition to our My Happy Mind programme and supporting resources, we have a wide range of curriculum enrichment opportunities that support and enhance our PSHE and RSE delivery. We document the delivery of and participation in these enrichments through our Curriculum Map and Capital Culture Diary tracker. Every year group tracks their own PSHE enrichment opportunities.

YEAR SIX								
Health and Well-being			Relationships			Living in the Wider World		
Healthy Lifestyles	Growing and Changing	Keeping Safe	Feelings and Emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Taking Care of the Environment	Money
<ul style="list-style-type: none"> • Food Technology • Cookery activities: protein bars, coleslaws, • Hoops 4 Health Prog • Chester FC Coaching • Drug Awareness lessons • Forest School • Science – Healthy Body, Healthy Mind lessons • Hoops for Health Programme 	<ul style="list-style-type: none"> • Puberty lessons – see pupil books • I Am Special, I Am Me • Thinking Books • Chester University Visit • Primary College Visits • Science Lessons – changes • Transition Activities with EPCHS 	<ul style="list-style-type: none"> • Danger Point Visit • St John's First Aid • E-Safety Week • NSCC workshops • British Transport Police • Network Rail Assemblies • PCSO visits, e.g fireworks • Hoops for Health programme • Science – Electricity unit • Bikeability programme • P4C – Social Media sessions • Chemistry with Cabbage Workshops 	<ul style="list-style-type: none"> • I Am Special, I Am Me • Alzheimer Society Visit • Journey in Love • ELSA and Mental Health • Sensory Room • Sensory Circuits • PCSO visits, e.g ELSA Programme bespoke to need + whole class sessions • Visit days to EPCHS • Building Bridges days • Extensive transition programme with enhanced provision • Themed Days, e.g. Snowman Kindness Day 	<ul style="list-style-type: none"> • I Am Special, I Am Me • Journey in Love • P4C sessions • Assemblies • Play Leader Responsibilities • Class story - Rooftoppers 	<ul style="list-style-type: none"> • Thinking Books • Hairy Lemons • Anti-bullying Week • P4C sessions • Rhino painting project • Thinking Books • Themed learning weeks • Literacy resourcing • Alzheimer's Workshop • Links with Naylor Court pen friends. • Topics – The Mayans, South American Culture, etc • Spanish Lessons – learning about Spanish culture • Resources – skin tone coloured pencils, etc • Learning about Other Faiths – RE and themed projects 	<ul style="list-style-type: none"> • Thinking Books • RE lessons – Justice Unit • Pathways – Star of Fear, Star of Hope, Selfish Giant, • Play Leaders • School Council • NSCC PANTS lessons • Thinking Books lessons • Forest School - transition sessions for KS3 • Class jobs – registers, dinner monitor etc, Classroom Tidy Rules and self-checked daily 	<ul style="list-style-type: none"> • RE – Laudato Si • Thinking Books • CAFOD work and projects • Pathways – Can We Save the Tiger? • Forest School • Tree Planting Project • Local walks to Rivacre • Assemblies – Word of the Week 	<ul style="list-style-type: none"> • Virgin Money Matters • Business Enterprise • Maths links – planning own meals, bridge building costings, maths money games, etc • University Visits • Dangerpoint visit
Young Carers Wellbeing Training Programme – April/May								

Evidence

Some of our evidence of our PSHE and RSE journeys can be found in the following places:

- Class PSHE Journals
- Displays around school
- My Happy Mind Journals
- Forest School Blog and Journals
- Catholic Life Journals